

What's on

August 2025 - Dundee



Our Community Groups are open to anyone living with dementia or experiencing difficulties with their memory, their families, friends and supporters. People can attend independently, and those unable to do so should come with a companion who can provide any necessary support for them.

If there is no specified ticket price, we ask for a donation (**suggested donation – £3pp**) at the activity to cover the costs of running the activity and allow us to maintain our various services and community activities.

We are unfortunately unable to provide transport to these groups and therefore it is your responsibility to get to and from activities safely. Please speak to us, so we can support you to explore the most suitable transport options for you.

We would be grateful if you could let us know in advance if you intend to attend any groups. This means that we can update you if there are any changes or last-minute cancellations due to staff illness / weather.

Please aim to arrive no more than 15 minutes before the advertised start time, to ensure that there is someone on site to let you in.

If you have questions about any of the groups or activities, or have an idea for a new group, please contact:

Dundee Dementia Resource Centre
01382 210200

Jeni Sinclair – Dementia Advisor
Email: Jenisinclair@Alzscot.org Tel: 07917 241024

All Groups (in-person and/or digital)		
Mon 4th August	Carer Coffee & Catch Up <i>Opportunity for carers to come together to chat, seek information and gain peer support.</i> <i>This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Tues 5th August	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 5th August	Newfield Medical Group Dementia Info & Support Drop-In **DEMENTIA FRIENDS SESSION** The Crescent, 71 Lothian Cres, Whitfield, Dundee. DD4 0HU	2.00pm – 3.30pm

Wed 6th August	Football Memories – Dundee FC Football & social reminiscence Gardyne Campus (Lower level – DFC club entrance) Dundee & Angus College <i>Please do not arrive before 2.15pm to avoid crowding in the foyer</i>	2.30pm – 4.00pm
Thurs 7th August	Dundee Local History Chats & tales of recent Dundee history <u>Hosted in the Local History Dept, Central Library</u> TOPIC – Dundee’s Wellgate pre & post redevelopment At Central Library, Wellgate Centre, DD1 1DB. <u>Meet in the Local History Dept, Upper floor.</u> <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.</i>	2.00pm – 3.30pm
Mon 11th August	Carer Coffee & Catch Up Opportunity for carers to come together to chat, seek information and gain peer support. <i>This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Tues 12th August	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 12th August	Sports Dcafe – North End Social Club Located in the <u>upstairs Member Bar</u> with use of the pool tables, darts & dominos...come along for a Cuppa, chat & meet new friends This session is for those both with Dementia & their carers/supporters A Dementia Advisor is available to support with any queries North End Social Club Fairmuir Street, DUNDEE	2.00pm – 3.30pm

	<p>* Please note that this activity is located on an upper floor and will require access via stairs – there is no lift available</p>	
Thurs 14th August	<p>V&A Workshop & Tour <i>An opportunity to visit the current <u>GARDEN FUTURES – DESIGNING WITH NATURE</u> exhibition and enjoy a workshop</i></p> <p><i>* Please note that there is a max group size for this activity, all places are required to be booked in advance.</i></p> <p><i>Refreshments will be served. The exhibition is on the upper floor and can be accessed via a lift</i></p>	10.30am – 12.30pm
Mon 18 th Aug	<p>Ticky TIMEX Group Join the TIMEX Group to reminisce about the former well-known Dundee institution – photos, pictures, products and much more on offer to view Refreshments included</p> <p>Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p>	2.00pm – 3.30pm
Mon 18 th Aug	<p>Carers' Evening (ONLINE via Teams) <i>An opportunity for carers to come together to chat, seek information and gain peer support.</i> TOPIC – SAFE CONNECT & HERBERT PROTOCOL</p> <p>Please contact Jeni for details – 07917 241024 / JeniSinclair@alzscot.org</p>	6.15pm – 7.15pm
Tues 19 th Aug	<p>Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> <i>*Please note places have to be pre-booked – contact 07917 241024</i></p> <p>Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p>	10.30am – 12.30pm
Tues 19 th Aug	<p>D'Café at V&A Dundee <i>Meet friends and access peer support and info in the lovely environment of the V&A, Dundee.</i></p> <p>A Dementia Advisor is available to support with any queries</p> <p>V&A Dundee, Esplanade, Dundee</p>	2.00pm – 3.30pm

	**Blue Badge holders can park in the streets around Slessor Gardens	
Wed 20 th Aug	Football Memories – Dundee Utd FC <i>Football & social reminiscence</i> Hegarty Suite, Tannadice Park, Dundee.	2.00pm – 3.30pm
Thurs 21 st Aug	Down Memory Lane <i>Activities and reminiscence around Dundee history</i> At Central Library, Wellgate Centre, DD1 1DB. <u>Meet in the Reading area, (Leisure Reading Section).</u> <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.</i>	2.00pm – 3.30pm
Mon 25 th Aug	Carer Coffee & Catch Up <i>Opportunity for carers to come together to chat, seek information and gain peer support.</i> <i>This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Tues 26 th Aug	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 26 th Aug	D'café at St Aidan's <i>Peer support, information and chat</i> A Dementia Advisor is available to support with any queries St Aidan's Halls, Brook Street, Broty Ferry, DD5 2EY	2.00pm – 3.30pm
Wed 27 th Aug	Broughty Ferry Walking Group <i>Join us for a gentle walk along the waterfront, before heading up to Broty Ferry library to enjoy refreshments. Whilst the majority of this walk is on the flat, there are inclines at a few stages – please make sure that you are feeling fit enough to walk. And prepared for mixed weather conditions.</i>	1.30pm – 3.00pm

	<p><i>Please let us know if you plan to attend (07917 241024).</i></p> <p>Meet at Castle Approach, Broty Ferry, DD5 2TF (next to Castle car park)</p>	
Fri 29 th Aug	<p>BOOGIE</p> <p><i>An afternoon of music, dance & fun</i></p> <p>CRAIGIE BOWLING CLUB, Dalkeith Road, Dundee</p> <p>Doors open 1.15pm</p> <p>*Please call 07917 241024 to book your place</p> <p>Tickets £3.50 per person</p>	1.30pm – 3.30pm

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/alzscot>

