

What's on

August 2025 - Stranraer



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. 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.

Centre Contact Number: 01776 889181

In person group		
Friday 1 st August	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Our Let's Get Active session is to help prompt a healthier lifestyle at a beginner's level. In these sessions we will have light exercise and physical activities for example armchair yoga, balloon tennis, memory walks, which can help reduce the risk of falls by improving balance and strength.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL It's never too early or too late to care for your brain, regardless of your age or condition. Staff can discuss with you about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health. Contact to book an appointment.	2pm - 4pm KMcWhirter@alzscot.org 07464 901788
Monday 4 th August	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL It's never too early or too late to care for your brain, regardless of your age or condition. Why not drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.	10am – 12 noon KMcWhirter@alzscot.org 07464 901788

	Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An Arts & Crafts session to encourage people living with dementia and their friends and family to show their artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Tuesday 5 th August	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A relaxed gardening group open to people with all gardening abilities. Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	10.30am - 12 noon NCollins@alzscot.org 07767 647062 2pm - 3.30pm KMcWhirter@alzscot.org 07464 901788
Wednesday 6 th August	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will include an information talk from Capability Scotland . Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am - 12 noon NCollins@alzscot.org 07767 647062 2pm - 4pm KMcWhirter@alzscot.org 07464 901788
Thursday 7 th August	Fun in the Sun Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A chance to enjoy the summer months from the comfort of our Garden. Where fun filled summer activities will take place from Games, mocktail making and seasonal BBQ will be some of many activities taking place during this session. Come along and sit back relax and enjoy your summer with us. 1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm NCollins@alzscot.org 07767 647062 2pm - 4pm KMcWhirter@alzscot.org 07464 901788

Friday 8 th August	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.	10.30am - 12 noon NCollins@alzscot.org 07767 647062
	In It To Win It Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL In It To win It will take on some of your favourite games from years gone by allowing people we support to take part in some of their favourite games.	2pm - 3.30pm NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 11 th August	Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.	10.30am - 12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am - 12 noon KMcWhirter@alzscot.org 07464 901788
Tuesday 12 th August	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am - 12 noon KMcWhirter@alzscot.org 07464 901788
	Rural Life Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will incorporate Seasonal & Holiday themes and will run activities that centre around those themes. We will also be inviting entertainers, guest speakers and take in local trips to experience first-hand what our beautiful & very scenic part of Scotland and its rural life has to offer.	2pm – 3.30pm NCollins@alzscot.org 07767 647062

Wednesday 13 th August	Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.	10.30am - 12 noon NCollins@alzscot.org 07767 647062
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 4pm KMcWhirter@alzscot.org 07464 901788
Thursday 14 th August	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am - 12 noon KMcWhirter@alzscot.org 07464 901788
	The Memory Box Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Friday 15 th August	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will include some green bowling at Kirkcolm Bowling Club. Meeting at the centre at 1.30pm before heading out to Kirkcolm. Contact Natalie for more details.	1.30pm– 3.30pm NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 18 th August	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Tuesday 19 th August	Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788

	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Wednesday 20 th August	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062 2pm-3.30pm KMcWhirter@alzscot.org 07464 901788
Thursday 21 st August	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10am-12 noon KMcWhirter@alzscot.org 07464 901788 10.30am – 1pm NCollins@alzscot.org 07767 647062
Friday 22 nd August	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS In It To Win It Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL 1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062 2pm- 3.30pm NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Monday 25 th August	Long Term Care - Carers Support Group Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A support group for Carers who support a relative or friend living in a care home or care for someone who is considering moving into a care home. A chance to meet with others, share your thoughts and experiences with information, support and advice always available.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788

	<p>Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 26 th August	<p>Sing With Us Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Bring along your singing voices good or bad to our new activity group. Sing With Us. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from music and singing and improve our brain health. We hope you come along for a sing song.</p> <p>Early Onset Dementia Support Cafe Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Are you a younger person living with dementia? We would like to invite people living with dementia under the age of 65 with a diagnosis of dementia and their carers to join us for a tea or coffee at our café. The café provides a safe space where you can relax, socialise and get some advice & support.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Wednesday 27 th August	<p>Carers Academy – supporting family Carers affected by dementia By Alzheimer Scotland Centre for Policy and Practice Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Join other family Carers for a day at the Carers Academy in Stranraer this August- please note, this event must be booked in advance and is not a drop-in session. 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, University and Alzheimer Scotland. We look forward to welcoming you to a day at the Carers Academy in Stranraer this summer.</p>	<p>09.30am – 3.30pm</p> <p>dg.carersacademy@nhs.scot 01387 246246 (ext 32907)</p>

	Stranraer Lunch Group Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.	12pm – 2pm NCollins@alzscot.org 07767 647062
Thursday 28 th August	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL 1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062 2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Friday 29 th August	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will include some green bowling at Kirkcolm Bowling Club. Meeting at the centre at 1.30pm before heading out to Kirkcolm. Contact Natalie for more details.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788 1.30pm– 3.30pm NCollins@alzscot.org 07767 647062

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Wednesday 27 th August	Coffee and Connect This online coffee group provides an opportunity to connect with our centre's support services digitally. Pop the kettle on and join us for a cuppa. Please get in touch to receive the link to join.	2pm – 3pm NCollins@alzscot.org 07767 647062
August 5th,12th,19th, 26th	Online Carers Awareness Sessions Tuesdays 2pm-4pm on Teams Virtual Resource Centre (VRC) To book a place please select	2pm – 4pm
November 4 th , 11th,18th, 25th	https://www.alzscot.org/community-support/virtual-resource-centre/ and follow the link to the 'What's on Guide', where you can book directly, alternatively please email us at advice@alzscot.org or call 0300 373 5774	

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>

24 HOUR


Alzheimer Scotland
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org