

What's on

August 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		
Friday 1st August 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: Dpriestley@alzscot.org or Tel: 07970784950
Mon 4th August 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 5th August 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 5th August	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	Dp Priestley@alzscot.org or Tel: 07970784950
Wed 6th August 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 7th August 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: Dp Priestley@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: Dp aterson@alzscot.org or Tel: 07733302772
Thurs 7th August 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: Dp Priestley@alzscot.org or Tel:07970784950
Mon 11th August 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 12th August 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 12th August	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	Dpriestley@alzscot.org or Tel: 07970784950
Wed 13th August 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 14th August 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: 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	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Friday 15th August 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: Dpriestley@alzscot.org or Tel:07970784950
Mon 18th August 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 19th August 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.	For more info contact: Dpriestley@alzscot.org or Tel: 07970784950

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 19th August 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 20th August 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
Wed 21st August 2pm – 3.30pm	Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or 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	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 21st August 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: Dp Priestley@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: Dpatereson@alzscot.org or Tel: 07733302772
Mon 25th August 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 26th August 10.30am-12pm	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.	Dprietley@alzscot.org or Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 26th August 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 27th August 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 28th August 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
Fri 29th August 1030am – 12pm	Screen Memories – Reconnecting people with memories and their love for cinema through memorabilia and music. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Cancelled
Friday 29th August 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

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 Dp Priestley@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

