

What's on

September 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		
Mon 1st Sept 10.30am – 12pm 12 – 1pm 1.30 – 3.30pm	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 2nd Sept 10.30am-12pm 1.30 -3pm	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 available from our trained staff. Activity Group - Fun & therapeutic activities for people living with dementia and their carer. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org Tel: 07970784950 Or Aboyd@alzscot.org Tel: 07932120685
Wed 3rd Sept 10.30am – 12pm	Stirling/Clacks Cafe – 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 for info & advice. 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 Tel: 07786406668

Thurs 4 th Sept 10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact: Dpaterson@alzscot.org Tel: 07733302772 For more info contact:
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 Tel:07970784950 Or Aboyd@alzscot.org Tel: 07932120685
1.30 -3pm	Thursday Social Group – A social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activity 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	
Mon 8 th Sept 10.30am – 12pm 12 – 1pm 1.30 – 3.30pm	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 Tel: 07932120685
Tues 9 th Sept 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 available from our trained staff.	For more info contact: Dprietley@alzscot.org Tel: 07970784950 Or
1.30 -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	Aboyd@alzscot.org or Tel: 07932120685
Wed 10 th Sept 10.30am – 12pm	Stirling/Clacks Cafe – 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 for info & advice. 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 Tel: 07786406668

Thurs 11th Sept 10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
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 Tel: 07970784950
1.30 – 3pm	Thursday Social Group – A social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activity 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	Or Aboyd@alzscot.org or Tel: 07932120685
Friday 12th Sept 1 – 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 Tel:07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
Mon 15th Sept 10.30am – 12pm 12pm – 1pm 1.30 – 3.30pm	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 Tel: 07932120685
Tues 16th Sept 10.30am-12pm 1.30 – 3pm	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 available from our trained staff. 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 Tel: 07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
Wed 17th Sept 12pm-2pm	Stirling/Clacks Cafe – 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	For more info contact: Craby@alzscot.org or Tel: 07786406668

	<p>people in their area. A member of Alzheimer staff will be available for info & advice. 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>Wed 17th Sept</p> <p>2pm – 3.30pm</p>	<p>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 available if you want a chat</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Craby@alzscot.org Tel: 07786406668</p>
<p>Thurs 18th Sept</p> <p>10.30am-12pm</p>	<p>Carers Cuppa- Welcoming & friendly safe space offers carers support.</p>	<p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>
<p>10.30am-12pm</p>	<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:</p> <p>Dprieistley@alzscot.org Tel:07970784950</p>
<p>1.30pm-3pm</p>	<p>Thursday Social Group – A social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activity is based on agreed group interests to allow you to plan for the month ahead.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>Or Aboyd@alzscot.org or Tel: 07932120685</p>
<p>Mon 22nd Sept</p> <p>10.30am – 12pm</p> <p>12pm – 1pm</p> <p>1.30pm – 3.30pm</p>	<p>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</p> <p>Lunch Break – bring your own lunch</p> <p>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:</p> <p>Aboyd@alzscot.org or Tel: 07932120685</p>
<p>Tues 23rd Sept</p> <p>10.30am-12pm</p>	<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>For more info contact:</p> <p>Dprieistley@alzscot.org Tel: 07970784950</p>
<p>1.30 -3pm</p>	<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>Or Aboyd@alzscot.org or Tel: 07932120685</p>

Wed 24th Sept 12 -2pm	Stirling/Clacks Cafe – 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 for info & advice. 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 25th Sept 10.30am-12pm 10.30am-12pm 1.30 – 3pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. 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. Thursday Social Group – A social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activity 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: Dpaterson@alzscot.org or Tel: 07733302772 For more info contact: Dprieistley@alzscot.org Tel: 07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
Frid 26th Sept 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: Dprieistley@alzscot.org or Tel:07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
Mon 29th Sept 10.30am – 12pm 12pm – 1pm 1.30pm – 3.30pm	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 30th Sept 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 available from our trained staff.	For more info contact:

1.30 -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	Dp Priestley@alzscot.org or Tel:07970784950 Or Ab oyd@alzscot.org or Tel: 07932120685
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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 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

