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.

Mon 1st Sept	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
and new. 10.30am – 12pm 12 – 1pm 1.30 – 3.30pm 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 Tues 2 nd 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. 1.30 -3pm 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 Wed 3 rd Sept 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	
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people in their area. A member of Alzheimer staff will be	Tel: 07786406668
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available for info & advice. The last Wednesday of the month	
is a lunch group at 12-2pm.	
The Birds and the Boos Easter Cornton Dd. Stirling EVO EDD	
The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	

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 Dpriestley@alzscot.o Tel:07970784950 Or		
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	Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends	For more info contact:	
10.30am – 12pm 12 – 1pm	and new. Drop In Café Lunch Break – bring your own lunch	Aboyd@alzscot.org Tel: 07932120685	
1.30 – 3.30pm	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		
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	For more info contact:	
	to support and learn from one another. Information & advice available from our trained staff.	<u>Dpriestley@alzscot.org</u> Tel: 07970784950 Or	
1.30 -3pm	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	Aboyd@alzscot.org or Tel: 07932120685	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT		
Wed 10 th Sept	Stirling/Clacks Cafe – Join us for a fun filled morning, socialising and catching up over a warm cuppa.	For more info contact:	
10.30am – 12pm	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	Craby@alzscot.org Tel: 07786406668	
	is a lunch group at 12-2pm.		

Thurs 11 th Sept 10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact: <u>Dpaterson@alzscot.org</u> 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: Dpriestley@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.	Or <u>Aboyd@alzscot.org</u> or Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 12 th Sept	Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop	For more info contact:
1 – 3pm	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.	Dpriestley@alzscot.org Tel:07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 15 th 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.	For more info contact: Aboyd@alzscot.org Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 16 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: Dpriestley@alzscot.org Tel: 07970784950
1.30 – 3pm	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	Or Aboyd@alzscot.org or Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 17 th Sept	Stirling/Clacks Cafe – Join us for a fun filled morning, socialising and catching up over a warm cuppa.	For more info contact:
12pm-2pm	Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other	Craby@alzscot.org or Tel: 07786406668

	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	
Wed 17 th Sept	Espresso Yourself Café - For people with dementia or	For more info contact:
2 2.20	memory loss aged 65 years and under and their family or	Cuality @alasast and
2pm – 3.30pm	carers. Join us for a fun and relaxing afternoon, socialising	Craby@alzscot.org Tel: 07786406668
	and catching up over a warm cuppa! Advice and support available if you want a chat	161: 0778640668
	available if you want a chat	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Thurs 18 th Sept	7 Hod, TRIO IDT	For more info contact:
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	Dpaterson@alzscot.org
	support.	or Tel: 07733302772
10.30am-12pm	Brain Gym- Based on the principles of Cognitive Stimulation	
	Therapy which is an evidence-based programme supported by	For more info contact:
	NICE. This promotes wellbeing, maintains skills and supports	
	self-management for people living with dementia.	Dpriestley@alzscot.org
	Booking required & taster session offered.	<u>Tel:07970784950</u>
		Or
1.30pm-3pm	Thursday Social Group – A social group offering a relaxed &	Aboyd@alzscot.org or
	welcoming space to meet with peers & trained staff.	Tel: 07932120685
	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 22 nd Sept	Monday Café & Lunch Club – Start the week catching up over	For more info contact:
	a cuppa, lunch and an afternoon of activities with old friends	
	and new.	Aboyd@alzscot.org or
10.30am – 12pm	Drop In Café	Tel: 07932120685
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm – 3.30pm	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.	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 23 rd Sept		
10.30am-12pm	Drop in Café an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	
	to support and learn from one another. Information & advice	Dpriestley@alzscot.org
	is always available from our trained staff.	Tel: 07970784950
1.30 -3pm	Activity Group- Fun & therapeutic activities for people living	Or
	with dementia and carers.	Aboyd@alzscot.org or
	Dunin Hoolth & Domontic December Control & A MATH Co.	Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	

Wed 24 th 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.	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 25 th Sept	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact:
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	<u>Dpaterson@alzscot.org</u> 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: Dpriestley@alzscot.org Tel: 07970784950 Or
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,	Aboyd@alzscot.org or Tel: 07932120685
	Alloa, FK10 1DT	
Frid 26 th 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.	Dpriestley@alzscot.org or Tel:07970784950 Or Aboyd@alzscot.org or Tel: 07932120685
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Mon 29 th 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	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
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	Alloa, FK10 1DT	
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:

Activity Group- Fun & therapeutic activities for people living with dementia and carers.

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Dpriestley@alzscot.org or Tel:07970784950
Or
Aboyd@alzscot.org or
Tel: 07932120685
Alloa, FK10 1DT

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 Dpriestley@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

