

What's on

September 2025 - Angus



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 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.

We are also here for you with a warm drink and company, feel free to pop in. 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.

Angus Groups		
Tuesday 2 nd September	Montrose Walking Group Meet at Montrose Sports Centre	10.15am – 12 noon
Tuesday 2 nd September	Football Memories Gayfield, Arbroath Football Club	2.00pm – 3.30pm
Wednesday 3 rd September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 3 rd September	Down Memory Lane Arbroath Dementia Resource Centre	2.00am - 3.30pm
Thursday 4 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 4 th September	Carnoustie Tea & Blether Comrie Hall, Carnoustie	2.00am - 3.30pm
Friday 5 th September	Singing Cafe Arbroath Dementia Resource Centre	10.30am – 12 noon
Friday 5 th September	Monifieth Tea & Blether Monifieth Activity Centre (MAC)	2.00pm – 3.30pm
Monday 8 th September	Forfar Walking Group Meet at Forfar Community Campus	1.45pm – 3.30pm
Tuesday 9 th September	Montrose Walking Group Meet at Montrose Sports Centre	10.15am – 12 noon
Tuesday 9 th September	Arts & Crafts Arbroath Dementia Resource Centre	2.00pm – 3.30pm
Wednesday 10 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 11 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Friday 12 th September	Singing Cafe Arbroath Dementia Resource Centre	10.30am – 12 noon
Friday 12 th September	V&A Garden Exhibition Tour Please book in advance as spaces are limited	2.00pm – 4pm

Monday 15 th September	Men's Social Group Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 16 th September	Music and Movement Arbroath Dementia Resource Centre	2.00pm - 3.30pm
Wednesday 17 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 17 th September	Carnoustie Walk Meet inside Carnoustie Leisure centre	2.00pm – 4.00pm
Wednesday 17 th September	Brechin Tea & Blether JARS Community Hub	2.00pm – 3.30pm
Thursday 18 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Friday 19 th September	Singing Cafe Arbroath Dementia Resource Centre	10.30am – 12 noon
Friday 19 th September	Tea & Blether Millenium Hall, Birkhill	2.00pm – 3.30pm
Sunday 21 st September	Memory Walk Meet at Victoria Park, Arbroath	11am – 1pm
Monday 22 nd September	Forfar Walking Group Meet at Forfar Community Campus	1.45pm – 3.30pm
Tuesday 23 rd September	Montrose Walking Group Meet at Montrose Sports Centre	10.15am – 12 noon
Wednesday 24 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 24 th September	Carnoustie Walk Meet inside Carnoustie Leisure centre	2.00pm – 4.00pm
Thursday 25 th September	Tea & Blether Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 25 th September	Boogie Royal British Legion, Arbroath	2pm – 4pm
Friday 26 th September	Singing Cafe Arbroath Dementia Resource Centre	10.30am – 12 noon
Monday 29 th September	Forfar Walking Group Meet at Forfar Community Campus	1.45pm – 3.30pm
Tuesday 30 th September	Montrose Walking Group Meet at Montrose Sports Centre	10.15am – 12 noon

For more information on the above groups, please contact -

Kathleen Murray – 07771 501051 - kmurray@alzscot.org

Mechelle Russell – 07774 558406 - mrussell@alzscot.org

Carer Groups		
Tuesday 2 nd September	Brechin Carers Group The Jenner Centre, Brechin	2pm – 3.30pm
Wednesday 3 rd September	Men's Carers Group Townhouse, 99 high St, Arbroath	2pm – 3.30pm
Tuesday 9 th September	Carnoustie Carers Group Kinloch Care Centre. Kinloch St. Carnoustie	10.30am – 12 noon
Wednesday 24 th September	Arbroath Carers Group Arbroath Dementia Resource Centre	2pm – 3.30pm
Tuesday 30 th September	Montrose Carers Group The Adam Centre. Montrose	10.30am -12 noon

Contact details for Carers groups:

Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Angus Dementia Resource Centre – 01241 431770

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 donate, please consider donating to our local Just Giving page
<https://www.justgiving.com/fundraising/>

