

What's On

September 2025



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.

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.

***Dumfries Resource Centre: 01387 261303**

In person group		
Monday 1 st September	<p>**NEW GROUP**</p> <p>Tea and Tunes</p> <p>St Ninians Church Hall, Whitepark Rd, Castle Douglas DG7 1EX</p> <p>'Tea and Tunes' is a new music group, designed for people living with dementia, experiencing memory issues or just with an interest in improving their brain health. Music has the extraordinary ability to awaken memories, reduce anxiety and foster wellbeing. Every session is guided by an experienced facilitator, blending familiar tunes with meaningful interaction to create moments of connection and joy.</p> <p>Whether singing along, tapping to the beat, or simply listening, there's a place for everyone in our circle - no previous musical experience is needed. Family members and carers are warmly welcomed too - we believe in creating shared experiences which will resonate beyond the session. We invite you to come along for a music session designed to uplift the spirit, as we share our songs, our stories and our smiles. We are holding an open day on Monday 1st September from 1.30pm-3.30pm, where you can find out more about what the group can offer you! Our Carer Liaison Advisor will also be on hand to offer advice, support and guidance for carers.</p>	<p>1.30pm-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p> <p>apritchard@alzscot.org 07919 927646</p>
Tuesday 2 nd September	<p>All Together Now</p> <p>Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone</p>	<p>10am -12.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>

Wednesday 3 rd September	<p>will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p>Singing Together With Special Guests</p> <p>Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH.</p> <p>Bring your voices good or bad to our activity group – Singing Together. A mix of music genres, with guest vocalists, local musicians and sometimes just us singing along to familiar tunes that we all enjoy. We hope to see you there!</p>	<p>1pm-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
	<p>Sanquhar Dementia Café A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories and enjoy a cuppa with others on a similar journey.</p> <p>Please note: This session will be led by our Carer Liaison Advisor Anna Pritchard</p>	<p>10.30am-12pm</p> <p>apritchard@alzscot.org 07919 927646</p>
	<p>Sanquhar Social Souls – NEW LOOK GROUP A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We offer a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone has an opportunity to be involved, share their talents, creative skills and gain knowledge. Our group is an enjoyable, fun, informative and stimulating experience for all.</p>	<p>10.30am-12.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Come and join our new community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p>

Thursday 4 th September	<p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Lochmaben, Let's Get Together Lochmaben Parish Church Hall, 10 Princess Street, Lochmaben, DG11 1PQ</p> <p>Come along to our new community activity group, offering a variety of therapeutic and fun activities suitable for all abilities. Whether you or someone you know has a diagnosis of dementia, is experiencing memory issues or just want support with brain health, our group can help you! The sessions are inspired by the participants and are facilitated by our Community Activity Organiser. We aim to have a different themed activity each week and it's an excellent way to socialise and be active in your local community.</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p>
	<p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am -3.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Friday 5 th September	<p>Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am-12pm</p> <p>pbarber@alzscot.org 07880 790337</p>

Monday 8 th September	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!	10am-12pm jbastein@alzscot.org 07557 860838
	Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.	1.30pm-4.30pm apritchard@alzscot.org 07919 927646
	NEW GROUP Tea and Tunes St Ninians Church Hall, Whitepark Rd, Castle Douglas DG7 1EX	1.30pm-3.30pm fbryant@alzscot.org 07748 737278
Tuesday 9 th September	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm fbryant@alzscot.org 07748 737278
Wednesday 10 th September	Sanquhar Social Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm pbarber@alzscot.org 07880 790337
	Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm agordon@alzscot.org 07798 667565
	Brydekirk Carers Café Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-11.30am apritchard@alzscot.org 07919 927646

Thursday 11 th September	<p>Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey.</p> <p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p>	<p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Lochmaben, Let's Get Together Lochmaben Parish Church Hall, 10 Princess Street, Lochmaben, DG11 1PQ</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p>
	<p>Lochmaben Carers Café Lochmaben Parish Church Hall, 10 Princess Street, Lochmaben, DG11 1PQ</p>	<p>10am-11.30am</p> <p>apritchard@alzscot.org 07919 927646</p>
	<p>Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey.</p> <p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Friday 12 th September	<p>Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p>	<p>10.30am-12.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
	<p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' The Johnston, St Mary St, Kirkcudbright DG6 4EG</p>	<p>10am-12pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Monday 15 th September	<p>**NEW GROUP** Tea and Tunes St Ninians Church Hall, Whitepark Rd, Castle Douglas DG7 1EX</p>	<p>1.30pm-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
	<p>Langholm Dementia Cafe Langholm Day Centre, Charles Street Langholm DG13 0AA</p> <p>Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting. Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.</p>	<p>1.30pm-3.30pm</p> <p>lwheatley@alzscot.org 07780 006215</p>

<p><i>For this session we have a guest speaker from Annan Community Transport Initiative to talk about their role and what they do.</i></p> <p>Please note: there will be no dementia advisor present today, however the group will still meet in their absence.</p>		
Tuesday 16 th September	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
Wednesday 17 th September	<p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Sanquhar Social Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p>	<p>10am-12pm</p> <p>agordon@alzscot.org 07798 667565</p> <p>10.30am-12.30pm</p> <p>pbarber@alzscot.org 07880 790337</p> <p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
Thursday 18 th September	<p>Lochmaben, Let's Get Together Lochmaben Parish Church Hall, 10 Princess Street, Lochmaben, DG11 1PQ</p> <p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p> <p>10am-3.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>
Friday 19 th September	<p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p>	<p>10am-12pm</p> <p>jbastein@alzscot.org 07557 860838</p> <p>10am-12pm</p> <p>pbarber@alzscot.org 07880 790337</p>
Monday 22 nd September	<p>Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p>	<p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>

	<p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p> <p>**NEW GROUP**</p> <p>Tea and Tunes St Ninians Church Hall, Whitepark Rd, Castle Douglas DG7 1EX</p> <p>Dumfries Dementia Cafe The Usual Place, Academy Street, Dumfries, DG11BZ</p> <p>A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey.</p> <p>Please note: this session will be run by Lead Volunteer Peter Johnstone in Dementia Advisors absence</p>	<p>1.30pm-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p> <p>lwheatley@alzscot.org 07780 006215</p> <p>10.30am-12.30pm</p>
Tuesday 23 rd September	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p>fbryant@alzscot.org 07748 737278</p>
Wednesday 24 th September	<p>Sanquhar Social Souls A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Brydekirk Buddies Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Kirkconnel & Kelloholm Connecting Creatively Miners Memorial Centre, Kirkconnel Needle St, Kirkconnel, Sanquhar DG4 6PH</p>	<p>10.30am-12.30pm</p> <p>pbarber@alzscot.org 07880 790337</p> <p>10am-12pm</p> <p>agordon@alzscot.org 07798 667565</p> <p>1.30pm - 3.30pm</p> <p>pbarber@alzscot.org 07880 790337</p>
Thursday 25 th September	<p>Lochmaben, Let's Get Together Lochmaben Parish Church Hall, 10 Princess Street, Lochmaben, DG11 1PQ</p> <p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am -12pm</p> <p>agordon@alzscot.org 07798 667565</p> <p>10am-3.30pm</p> <p>jbastein@alzscot.org 07557 860838</p>

Friday 26 th September	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG 10am-12 noon jbastein@alzscot.org 07557 860838
	Dalbeattie Better Together Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG 10am-12pm pbarber@alzscot.org 07880 790337
Monday 29 th September	Carer Drop in. The Carers Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX 1.30pm-4.30pm apritchard@alzscot.org 07919 927646 <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>
	NEW GROUP Tea and Tunes St Ninians Church Hall, Whitepark Rd, Castle Douglas DG7 1EX 1.30pm-3.30pm fbryant@alzscot.org 07748 737278
Tuesday 30 th September	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND 10am-3.30pm fbryant@alzscot.org 07748 737278
	Carers Academy Day 1 – supporting family Carers affected by dementia by Alzheimer Scotland Centre for Policy and Practice At University of West of Scotland campus, Bankend Road Dumfries DG1 4FD 10am-3.30pm dg.carersacademy@nhs.uk 01387 246246 (ext 32907) <p>Join other family Carers for a day at the Carers Academy – please phone or email to book a space either this month or a suitable date later this year. 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 Dumfries & Galloway, University of the West of Scotland and Alzheimer Scotland. Sessions are available throughout the year; we look forward to welcoming you to a day at the Carers Academy. There are other sessions during the year. Choose and book from one of the available dates; 21st</p>

Oct and 19th Nov. Please note, this event must be booked in advance and is not a drop-in session.

Online Carers Awareness Sessions

2pm-4pm on Teams Virtual Resource Centre (VRC)

Session 1: Dementia the basics An overview of the causes and symptoms of dementia and approaches to help.

Session 2: Focus on Caring Carer rights and benefits, adult carer support plans and eligibility, and looking after yourself.

Session 3: Strategies for the future Understanding powers of attorney, the principles and responsibilities. Getting help when you need it.

Session 4: Technology Enabled Care plus open questions Tried and tested products that can help support independence or safety- including GPS, followed by a chance to ask any questions.

Dates available:

November 4th, 11th, 18th, 25th

To book a place please email us at advice@alzscot.org or call 0300 373 5774 or click this link

<https://www.alzscot.org/community-support/virtual-resource-centre/>

Online Group

Virtual Resource Centre group sessions

Our Virtual Resource Centre (VRC) is an online space where people will be able to access groups, activities, and information sessions all from the comfort of their own homes.

<https://www.alzscot.org/virtual-resource-centre-o>

You can access a range of free live and 'on demand' activities including live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques. The VRC also runs a program of information sessions on topics such as financial advice, using technology, and support and services. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.

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/alzscot>.

24 HOUR

Dementia

 **Alzheimer Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

Would you like to know what we get up to each month? If so, please email dumfriesservices@alzscot.org or call us on 01387 261303 to be added to our monthly distribution list.