

What's on

September – West

Dunbartonshire



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.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in. Please see below for more details.

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. **If the group doesn't have an address, This means it is located within our Dementia Resource Centre: 6-8 Miller Street, Clydebank, G81 1UQ**

In person group		
Tuesday 2nd September	<u>Quiz and Bingo</u> Pop along, test your knowledge, try your luck and grab a cuppa. If you are a carer or a person living with dementia you are welcome to join us for a friendly, social afternoon with a side of healthy competition.	1pm – 3pm
Wednesday 3rd September	<u>Tea & Blether Café</u> Enjoy a cuppa and a blether? Why not pop along to our friendly, supportive informal café. Make friends, share stories and enjoy a cuppa with others on a similar journey. This café is open to anyone affected by dementia.	12pm-1.30pm
Thursday 4th September	<u>Allotment Group</u> We grow fruit, vegetables and flowers at our weekly allotment. If you are a carer or living with dementia and enjoy being outdoors you are more than welcome to join us. Eastfield Crescent Dumbarton G82 1DX	1pm-3pm
Friday 8th September	<u>Friday Fun Day</u> Games, activities and plenty of laughter. Come along grab a cuppa and take part in some fun filled activities with like minded people in a supportive and engaging environment.	1pm-3pm
Tuesday 9th September	<u>Quiz and Bingo</u> Pop along, test your knowledge, try your luck and grab a cuppa. If you are a carer or a person living with dementia	1pm-3pm

	you are welcome to join us for a friendly, social afternoon with a side of healthy competition.	
Wednesday 10th September	<u>Every Voice Choir</u> Do you enjoy good company, good music, good fun and a good old sing song? This group is more about the community togetherness than having the best singing voice. All welcome to join us for an afternoon full of fun and joy. St Augustine's Church High Street, Dumbarton G82 1LL	1pm-2.30pm
Thursday 11th September	<u>Allotment Group</u> We grow fruit, vegetables and flowers at our weekly allotment. If you are a carer or living with dementia and enjoy being outdoors you are more than welcome to join us. Eastfield Crescent Dumbarton G82 1DX	1pm-3pm
Friday 12th	<u>Friday Fun Day</u> Games, activities and plenty of laughter. Come along grab a cuppa and take part in some fun filled activities with like minded people in a supportive and engaging environment.	1pm-3pm
Tuesday 16th September	<u>Quiz and Bingo</u> Pop along, test your knowledge, try your luck and grab a cuppa. If you are a carer or a person living with dementia you are welcome to join us for a friendly, social afternoon with a side of healthy competition.	1pm-3pm
Thursday 18th September	<u>Allotment Group</u> We grow fruit, vegetables and flowers at our weekly allotment. If you are a carer or living with dementia and enjoy being outdoors you are more than welcome to join us. Eastfield Crescent Dumbarton G82 1DX	1pm-3pm
Fri 19th September	<u>Friday Fun Day</u> Games, activities and plenty of laughter. Come along grab a cuppa and take part in some fun filled activities with like minded people in a supportive and engaging environment.	1pm-3pm
Tuesday 23rd	<u>Quiz and Bingo</u> Pop along, test your knowledge, try your luck and grab a cuppa. If you are a carer or a person living with dementia you are welcome to join us for a friendly, social afternoon with a side of healthy competition.	1pm-3pm
Wednesday 24th September	<u>Every Voice Choir</u> Do you enjoy good company, good music, good fun and a good old sing song? This group is more about the community togetherness than having the best singing voice. All welcome to join us for an afternoon full of fun and joy.	1pm-2.30pm

	St Augustine's Church High Street, Dumbarton G82 1LL	
Thursday 25th September	Allotment Group We grow fruit, vegetables and flowers at our weekly allotment. If you are a carer or living with dementia and enjoy being outdoors you are more than welcome to join us. Eastfield Crescent Dumbarton G82 1DX	1pm-3pm
Thursday 25th September	Carers Café A relaxed and informal setting for people caring for someone living with dementia. Come along for a cuppa, a chat and peer support with others who understand what it is like to be a carer Golden Jubilee Hospital Main Cafeteria – Back left corner of the café.	2.30pm-4pm
Friday 26th September	Friday Fun Day Games, activities and plenty of laughter. Come along grab a cuppa and take part in some fun filled activities with like minded people in a supportive and engaging environment.	1pm-3pm
Tuesday 30th September	Quiz and Bingo Pop along, test your knowledge, try your luck and grab a cuppa. If you are a carer or a person living with dementia you are welcome to join us for a friendly, social afternoon with a side of healthy competition.	1pm-3pm

Contact details for groups:

Quiz and Bingo/Friday Fun Day

Linda Buchanan

Email: lbuchanan@alzscot.org Tel: 0141 410 5306

Tea&Blether/Carers Café/Allotment

Deborah Edgar

Email: dedgar@alzscot.org Tel: 07770703025

Every Voice Choir

Anne O'Donnell

Email: aodonnell@Alzscot.org Tel: 07584607565

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 make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>

