

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## September 2025 - Oban

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, 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.

In person group		
Wed 3 Sep	Community Café Drop in – The kettle is on! Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	Drop in between 2pm - 4pm
Fri 12 Sep	Dog Day Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Join us for a relaxing visit with Skye the therapy dog, a friendly Westie who loves meeting people. Enjoy a hot drink and a friendly chat in a warm, welcoming space.	11am – 12pm
Wed 17 Sep	Share Your Memories Group Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and chat about 'The Way It Was': a chance to share your memories of the past. We will talk about different themes including music, jobs, school days, holidays and many more!  Community Café Drop in – The kettle is on! Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	1pm – 2pm  Drop in between 2pm – 4pm
Thurs 18 Sep	Tea & a Tune Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Join for fun, songs, and a bit of nostalgia with the talented singer and guitarist, Lora Macleod.	11:30am – 1pm

	<p>Mull Musical Minds Mull and Iona Community Trust, An Roth Craignure, Isle of Mull, PA65 6AY</p> <p>This activity group offers fun warm-up exercises, songs (both old and new), action songs, and rounds, all with a humorous twist. No singing ability is required—just come for a relaxing, enjoyable, and stimulating time.</p>	1.30pm – 3pm
Fri 26 Sep	<p>Memory Lunch The Royal Hotel, Argyll Square, Oban, PA34 4BE</p> <p>Join us for an informal lunch at the Royal Hotel in Oban, offering soup, sandwiches, tea, and coffee. This event is for anyone affected by dementia. £6pp</p>	12.30pm – 2pm

#### Contact details for groups:

Dementia Advisor:

Abbie Mackenzie

Email: [AMackenzie@alzscot.org](mailto:AMackenzie@alzscot.org) Tel: 07787 413789

Stop the Cuts campaign Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country. Services such as day care, post-diagnostic support, respite and local community programmes are facing significant cuts to their budgets. This means that they are not available to those who need them most and people are being turned away when they reach out for help. People with dementia, their families, and carers are unable to access the care and support they need, when they need it. Alzheimer Scotland thinks this is unfair. People with dementia deserve access to high-quality, local support at every stage of their condition and our campaign highlights the need to protect dementia services from cutbacks. You can help us stop the cuts and demand change by adding your voice to our campaign and signing our petition. Find out more: [www.alzscot.org/stopthecuts](http://www.alzscot.org/stopthecuts) Share your support with: #StopTheCuts

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>

