

What's on

July 2024 - Stranraer



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.

In person group		
Monday 1 st July	<p>Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An Arts & Crafts session to encourage PWD and their friends and family to show their Artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 2 nd July	<p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A relaxed gardening group open to people with all gardening abilities.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 3 rd July	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Thursday 4 th July	<p>Fun in the Sun Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A chance to enjoy the summer months from the comfort of our Garden. where fun filled summer activities will take place from Games, mocktail making and a seasonal BBQ will be some of many activities taking place during this session. Come along and sit back relax and enjoy your summer with us.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>

Friday 5 th July	<p>Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Light exercise and physical activities for example armchair yoga, Balloon tennis, memory walks, which can help reduce the risk of falls by improving balance and strength.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Monday 8 th July	<p>Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 9 th July	<p>Rural Life Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>This session will incorporate Seasonal & Holiday themes and will run activities that centre around those themes. We will also be inviting entertainers, guest speakers and take in local trips to experience first-hand what our beautiful & very scenic part of Scotland and its rural life has to offer.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 10 th July	<p>Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Thursday 11 th July	<p>The Memory Box Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Friday 12 th July	<p>Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Monday 15 th July	<p>Stranraer Lunch Group</p> <p>Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.</p>	<p>12 noon – 2pm</p> <p>NCollins@alzscot.org 07767 647062</p>

	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Tuesday 16 th July	<p>Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 17 th July	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Epilepsy Scotland are conducting an online information talk, providing a great opportunity to meet them, ask questions, and pick up some leaflets.</p> <p>Those wishing to attend the talk can do so in-person at our Stranraer Brain Health Dementia Resource Centre or there is an option to join online via Teams. Please get in touch to receive the link: KMcWhirter@alzscot.org</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Thursday 18 th July	<p>Fun in the Sun Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Friday 19 th July	<p>Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>This session will include some green bowling at Kirkcolm Bowling Club. Meeting at the resource centre at 1.30pm before heading out to Kirkcolm. Contact Natalie for more details.</p> <p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>1.30pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Monday 22 nd July	<p>Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.</p> <p>Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A support group for individuals caring for a parent who is living with dementia.</p>	<p>2pm-3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm-3.30pm</p> <p>DCarnochan@alzscot.org 07810 528046</p> <p>KMcWhirter@alzscot.org 07464 901788</p>

Tuesday 23 rd July	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon KMcWhirter@alzscot.org 07464 901788
	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm-3.30pm NCollins@alzscot.org 07767 647062
Wednesday 24 th July	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062
Thursday 25 th July	Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10.30am – 1.30pm NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Friday 26 th July	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
Monday 29 th July	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Dominoes Tournament Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Our Dominoes Tournament carries physical and cognitive benefits while enjoying the game, dominoes can help improve hand to eye coordination, fine motor skills and mental agility.	2pm – 3.30pm NCollins@alzscot.org 07767 647062
Tuesday 30 th July	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Wednesday 31 st July	Rural Life Wigtownshire Rugby Playing Field, Ladies Walk, Stranraer DG9 8BN This Rural Life session will be taking place at the Cattle Show in Stranraer. Please contact Natalie for more details regarding the meeting point and times.	10.30am – 12 noon NCollins@alzscot.org 07767 647062

Thursday 1 st August	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Friday 2 nd August	Scottish Week Coffee Morning Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL As part of Scottish Week we are hosting an coffee morning in our centre. Why not pop along for a blether and some refreshments.	10am – 12 noon NCollins@alzscot.org 07767 647062

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group	
	No online groups this month.

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>

24 HOUR

Dementia



Alzheimer
Scotland
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org