

What's on

July 2024 - 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.

Arbroath Groups		
Tuesday 2 nd July	Carers Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 3 rd July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 3 rd July	Men's Carers Café Arbroath Dementia Resource Centre	2pm – 3.30pm
Thursday 4 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 9 th July	Arts & Crafts Arbroath Dementia Resource Centre	2pm - 3.30pm
Wednesday 10 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 10 th July	Football Memories Arbroath Dementia Resource Centre	2pm - 3.30pm
Thursday 11 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 16 th July	Music & Movement Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 17 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 18 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 23 rd July	Tunes & Tales Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 24 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 25 th July	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 25 th July	Arbroath Boogie Royal British Legion	2pm – 4pm

Angus Groups		
Friday 5 th July	Monifieth Dementia Café Community Cabin, Monifieth	2pm - 3.30pm
Monday 8 th July	Supporting Forfar Singing Café East & Old Church, Forfar	2pm - 3.30pm
Wednesday 17 th July	Brechin Dementia Café Glebe Park, Brechin	2pm - 3.30pm
Thursday 18 th July	Montrose Dementia Café Philos Hub, Castle Street, Montrose.	2pm - 3.30pm
Friday 19 th July	Birkhill Dementia Café Millennium Hall, Birkhill	2pm - 3.30pm

Please note that the Carnoustie Café is cancelled due to voting taking place at the Comrie Hall.

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



24 HOUR
Dementia  **Alzheimer Scotland**
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org