

What's On

July 2024 - Perth



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 for a warm drink. 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	Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or events. Come along and share your memories and even learn something new. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon
	Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health & Dementia Resource Centre	2.00pm – 3.30 pm
Tuesday 2 nd July	Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre	11.00am – 12noon "NEW"
	Information café Drop into the centre grab a cuppa and meet with different professionals from trading standards/ Citizens Advice/ foodbank/ Community Alarms TEC and more. They are here to help and answer any questions you may have. Perth Brain Health & Dementia Resource Centre	2pm – 3.30pm "NEW"
Thursday 4 th July	Information café Drop into the centre grab a cuppa and meet with different professionals from trading standards/ Citizens Advice/ foodbank/ Community Alarms TEC and more. They are here to help and answer any questions you may have. Perth Brain Health & Dementia Resource Centre	10:00am -12noon "NEW"

	<p>Bookable 1-1 Appointments An opportunity to book a 1-1 appointment with a member of staff to discuss any issues or concerns you may have regarding anything dementia related. Perth Brain Health & Dementia Resource Centre</p>	2.00pm- 4.00pm
Friday 5 th July	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	10.30am – 12noon
Monday 8 th July	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	10.30am – 12noon 2pm – 3.30pm
Tuesday 9 th July	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services. Perth Brain Health & Dementia Resource Centre</p>	10.30 – 12:30pm “NEW” 2.00pm – 3.30 pm
Thursday 11 th July	<p>Information café Drop into the centre grab a cuppa and meet with different professionals from trading standards/ Citizens Advice/ foodbank/ Community Alarms TEC and more. They are here to help and answer any questions you may have. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable 1-1 Appointments An opportunity to book a 1-1 appointment with a member of staff to discuss any issues or concerns you may have regarding anything dementia related. Perth Brain Health & Dementia Resource Centre</p>	10.00am – 12noon “NEW” 2.00pm – 4.00pm
Friday 12 th June	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Try our Brain Health quiz! Perth Brain Health & Dementia Resource Centre</p>	10.30am – 12noon

<p>Monday 15th July</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Tuesday 16th July</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health, to dementia information, to support services. Perth Brain Health and Dementia Resource Centre</p>	<p>10am – 12 noon “NEW”</p> <p>2.00pm – 3.30pm</p>
<p>Wednesday 17th July</p>	<p>Men’s Morning coffee group Come down to the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 18th July</p>	<p>Information café Drop into the centre grab a cuppa and meet with different professionals from trading standards/ Citizens Advice/ foodbank/ Community Alarms TEC and more. They are here to help and answer any questions you may have. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable 1-1 Appointments An opportunity to book a 1-1 appointment with a member of staff to discuss any issues or concerns you may have regarding anything dementia related. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon “NEW”</p> <p>2pm – 3.30pm</p>
<p>Friday 19th July</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12 noon</p>

<p>Monday 22nd July</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Tuesday 23rd July</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health, to dementia information, to support services. Perth Brain Health and Dementia Resource Centre</p>	<p>11.00 – 12.00 noon “NEW”</p> <p>2.00 – 3.30pm “NEW”</p>
<p>Wednesday 24th July</p>	<p>Men’s Morning coffee group Come down to the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 25th July</p>	<p>Information café Drop into the centre grab a cuppa and meet with different professionals from trading standards/ Citizens Advice/ foodbank/ Community Alarms TEC and more. They are here to help and answer any questions you may have. Perth Brain Health & Dementia Resource Centre</p> <p>Bookable 1-1 Appointments An opportunity to book a 1-1 appointment with a member of staff to discuss any issues or concerns you may have regarding anything dementia related. Perth Brain Health & Dementia Resource Centre</p>	<p>10.00am – 12noon</p> <p>2.00pm – 3.30pm</p>

<p>Friday 26th July</p>	<p>Dementia Friendly Café Drop in and meet the team and see the centre to make new partnerships. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p>
<p>Monday 29th July</p>	<p>Reminiscence Group This can be about a variety of topics from old Perth, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12 noon</p> <p>2.00pm – 3.30pm</p>
<p>Tuesday 30th July</p>	<p>Strength And Balance with Live Active Come along to the centre and work with Gordon from Live Active and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in Come along and drop in for a coffee and a chat about anything from Brain Health, to dementia information, to support services. Perth Brain Health and Dementia Resource Centre</p>	<p>11.00 – 12.00 noon “NEW”</p> <p>2.00 – 3.30pm “NEW”</p>
<p>Wednesday 31st July</p>	<p>Men’s Morning coffee group Come down to the centre for a chat, a cuppa and laugh with the guys. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and shows us how it’s done. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>

If you wish to discuss anything about the groups prior to attending please contact any of the staff listed below and they should be able to supply you with any additional information.

Online Group

There may also be opportunities to join some online groups. To find out more about these please contact the relevant person below for full details.

Contact details for groups held within the Perth Brain Health DRC: –

Gary Wiscombe: Email: GWiscombe@alzscot.org Tel: 07855 644018
Centre Address – 7 George St, Perth PH1 5JY

Andrew Boyes: Email: ABoyes@alzscot.org Tel: 07467 351246
Centre Address – 7 George Street, Perth PH1 5JY

Contact details to book and receive a link for the Online Groups: –
Cherrie: Email: westlothianservices@alzscot.org Tel: 01506 553108

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/DundeePerthandAngus>

