

What's on



August 2024 – Stirling & Clacks

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 do not 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.

If you have any 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		
Thurs 1st August 10.30am - 12pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
10.30am - 12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 1st August 1.30pm - 3pm	Thursday Social Group – a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Friday 2nd August 1pm - 3pm	Art & Craft- Crafting activities for people living with Dementia and carers. Materials supplied. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 6th August 10.30am - 12pm	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 6th August 1.30pm – 3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers.	For more info contact: Dprietley@alzscot.org or Tel:07970784950

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 7th August 10.30am - 12pm	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 8th August 10.30am - 12pm	Brain Gym - Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
10.30am - 12pm	Carers Cuppa - Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 8th August 1.30pm - 3pm	Thursday Social Group – a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Tues 13th August 10.30am-12pm	Drop in Café - - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 13th August 1.30am – 3pm	Activity Group - Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Wed 14th August 10.30am-12pm	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Craby@alzscot.org or Tel: 07786406668

<p>Thurs 15th August</p> <p>10.30am-12pm</p> <p>10.30am-12pm</p>	<p>Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.</p> <p>Carers Cuppa- Welcoming & friendly safe space offers carers support.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p> <p>For more info contact:</p> <p>Dpateron@alzscot.org or Tel: 07733302772</p>
<p>Thurs 15th August</p> <p>1.30pm-3pm</p>	<p>Thursday Social Group – a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Friday 16th August</p> <p>1pm – 3pm</p>	<p>Art & Craft- - Crafting activities for people living with Dementia and carers. Materials supplied.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Tues 20th August</p> <p>10.30am-12pm</p>	<p>Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel: 07970784950</p>
<p>Tues 20th August</p> <p>1.30pm-3pm</p>	<p>Activity Group- Fun & therapeutic activities for people living with dementia and carers.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Wed 21st August</p> <p>10.30am – 12pm</p>	<p>Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>
<p>Wed 21st August</p> <p>2pm – 3.30pm</p>	<p>Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or carers. Join us for a fun and relaxing afternoon , socialising and catching up over a warm cuppa! Advice and support is also available if you want a chat</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>

Thurs 22nd August 10.30am-12pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 22nd August 1.30pm-3pm	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Tues 27th August 10.30am-12pm	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 27th August 1.30pm-3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Wed 28th August 12pm-2pm	Stirling/Clacks Lunch – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. last Wednesday of the month is a lunch group at 12-2pm. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Craby@alzscot.org or Tel: 07786406668
Thurs 29th August 10.30am-12pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 29th August 1.30pm-3pm	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	For more info contact: Dprietley@alzscot.org or Tel:07970784950

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 30th August	Screen Memories – A group using Film and memorabilia.	For more info contact:
1030am – 12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dpaterson@alzscot.org or Tel: 07733302772
Friday 30th August	Art & Craft- - Crafting activities for people living with Dementia and carers. Materials supplied.	For more info contact:
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dpriestley@alzscot.org or Tel:07970784950

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.

Carers Evening & Around the Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

Juke Box Days UK / USA & UK

Contact Denise Priestley, Community Activity Organiser on Email: Dpriestley@alzscot.org Tel: 07970784950

Online Group		
Juke Box Days UK	Last Tuesday of month	4pm -5pm
Juke Box Days USA & UK	Last Thursday of month	11am – 12pm
Carers Evening	First Wednesday of the month	7pm-8pm
Around The Kitchen Table	Third Wednesday of the month	CANCELLED

24 HOUR



Alzheimer Scotland
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org