

What's on

July 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		
Tues 2nd July 10.30am – 12pm	Drop in Café- Social group offering peer support, information and advice. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 2nd July 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 3rd July 10.30am - 12pm	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Gmorrison@alzscot.org or Tel: 07917210210
Thurs 4th July 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. 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 4th July 1.30pm - 3pm	Thursday Social Group – programme available Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Friday 5th July 1pm - 3pm	Art & Craft- 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

Tues 9th July 10.30am - 12pm	Drop in Café- Social group offering peer support, information and advice. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 9th July 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 10th July 10.30am - 12pm	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Gmorrison@alzscot.org or Tel: 07917210210
Thurs 11th July 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. 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 11th July 1.30pm - 3pm	Thursday Social Group – programme available Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Tues 16th July 10.30am-12pm	Drop in Café- Social group offering peer support, information and advice. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
Tues 16th July 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	CANCELLED
Wed 17th July 10.30am-12pm	Stirling/Clacks Cafe – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Gmorrison@alzscot.org or Tel: 07917210210
Thurs 18th July 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. 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 18th July	Thursday Social Group – programme available	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel:07970784950
Friday 19th July	Art & Craft- For People living with Dementia and carers.	For more info contact:
1pm – 3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel:07970784950
Tues 23rd July	Drop in Café- Social group offering peer support, information and advice.	For more info contact:
10.30am-12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel: 07970784950
Tues 23rd July	Activity Group- Fun & therapeutic activities for People living with dementia and carers.	CANCELLED
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 24th July	Stirling/Clacks Cafe – Offers peer support, information & advice.	For more info contact:
10.30am – 12pm	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	Gmorrison@alzscot.org or Tel: 07917210210
Thurs 25th July	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. Booking required & taster session offered.	For more info contact:
10.30am-12pm		Dprietley@alzscot.org or Tel:07970784950
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support.	For more info contact:
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dpaterson@alzscot.org or Tel: 07733302772
Thurs 25th July	Thursday Social Group - Blether and Bite	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel:07970784950
Fri 26th July	Screen Memories – A group using Film and memorabilia.	For more info contact:
10.30am-12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dpaterson@alzscot.org or Tel: 07733302772
Tues 30th July	Drop in Café- Social group offering peer support, information and advice.	For more info contact:
10.30am-12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel: 07970784950
Tues 30th July	Activity Group- Fun & therapeutic activities for People living with dementia and carers.	For more info contact:
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	Dprietley@alzscot.org or Tel:07970784950

Wed 31st July 12pm-2pm	Stirling/Clacks Lunch – Offers peer support, information & advice. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	For more info contact: Gmorrison@alzscot.org or Tel: 07917210210
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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	2pm-3pm

24 HOUR



Alzheimer Scotland
Action on Dementia

Dementia Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org