

What's on



September 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 3 rd September	Carers Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 3 rd September	Football Memories Arbroath Football Club, Gayfield	2pm - 3.30pm
Wednesday 4 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 4 th September	Men's Carers Café Arbroath Dementia Resource Centre	2pm – 3.30pm
Thursday 5 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 10 th September	Arts & Crafts Arbroath Dementia Resource Centre	2pm - 3.30pm
Wednesday 11 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 12 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 17 th September	Music & Movement Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 18 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 19 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 24 th September	Tunes & Tales Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 25 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 th September	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 th September	Arbroath Boogie Royal British Legion	2pm – 4pm

Angus Groups		
Thursday 5 th September	Carnoustie Dementia Café Comrie Hall, Carnoustie	2pm - 3.30pm
Friday 6 th September	Monifieth Dementia Café Community Cabin, Monifieth	2pm - 3.30pm
Monday 9 th September	Supporting Forfar Singing Café Trinity Church, (Formerly East & Old) Forfar	2pm - 3.30pm
Wednesday 18 th September	Brechin Dementia Café Glebe Park, Brechin	2pm - 3.30pm
Thursday 19 th September	Montrose Dementia Café Philos Hub, Castle Street, Montrose.	2pm - 3.30pm
Friday 20 th September	Birkhill Dementia Café Millennium Hall, Birkhill	2pm - 3.30pm

Come and join us on our Memory Walk this year at 11am on Sunday 8th September at Victoria Park, Arbroath. For more information, please contact Rosemary on 07585 700902 or pop into our Dementia Resource Centre and pick up a sponsor form.

Please note that Football Memories is now back at Gayfield on the first Tuesday of every month.

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