

What's On

September 2024



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.

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.

***Dumfries Resource Centre: 01387 261303**

In person group		
Monday 2 nd September	<p>Carer Drop in. The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
Tuesday 3 rd September	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am-12.30pm</p> <p>aallison@alzscot.org 07880 815 081</p>
	<p>**NEW** Singing Together Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH.</p> <p>Bring your voices good or bad to our new activity group – Singing Together. A mix of music genres, with guest vocalists, local musicians and sometimes just us singing along to familiar tunes that we all enjoy. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from singing and music</p>	<p>1.30pm-3.30pm</p> <p>aallison@alzscot.org 07880 815 081</p>

<p>Wednesday 4th September</p>	<p>and improve our brain health. With music we can express our feelings and ideas, verbally and non-verbally and of course it brings back great reminiscing opportunities. We hope to see you there!</p> <p>Sanquhar Dementia Café (formerly coffee and chat group) A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories and enjoy a cuppa with others on a similar journey, and for people living with dementia to meet others and take part in some group activities.</p>	<p>10.30am-12pm</p> <p>lwheatley@alzscot.org 07780 006215</p>
<p>Thursday 5th September</p>	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am-12.30pm</p> <p>aallison@alzscot.org 07880 815 081</p> <p>1.30pm-3.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
<p>Friday 6th September</p>	<p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving</p>	<p>10am-12 noon</p> <p>amquinn@alzscot.org 07557 860838</p>

	everyone an opportunity to make their mark on the world, share poetry and stories and break into song!	
	Castle Douglas 'Let's Get Together' St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX	1.30pm-3.30pm agordon@alzscot.org 07798 667565
Tuesday 10 th September	Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.	
	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-15.30pm aallison@alzscot.org 07880 815 081
Thursday 12 th September	All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm aallison@alzscot.org 07880 815 081
	Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1.30pm-3.30pm amquinn@alzscot.org 07557 860838
Friday 13 th September	Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!' The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon amquinn@alzscot.org 07557 860838
	Castle Douglas 'Let's Get Together' St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX	1.30pm-3.30pm agordon@alzscot.org 07798 667565
Monday 16 th September	Langholm Dementia Cafe Langholm Day Centre, Charles Street Langholm DG13 0AA	1.30pm-3.30pm lwheatley@alzscot.org 07780 006215
	Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting. Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with	

	<p>people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.</p> <p>Please Note: for this session there will be no Dementia Advisor present, however the meeting will still take place for everyone wishing to attend</p> <p>Carer Drop in. The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
Tuesday 17 th September	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-15.30pm</p> <p>aallison@alzscot.org 07880 815 081</p>
Thursday 19 th September	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm</p> <p>aallison@alzscot.org 07880 815 081</p>
	<p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>1.30pm-3.30pm</p> <p>amquinn@alzscot.org 07557 860838</p>
Friday 20 th September	<p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Castle Douglas 'Let's Get Together' St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX</p>	<p>10am-12 noon</p> <p>amquinn@alzscot.org 07557 860838</p> <p>1.30pm-3.30pm</p> <p>agordon@alzscot.org 07798 667565</p>
Monday 23 ^d September	<p>Dumfries Dementia Cafe The Usual Place, Academy Street, Dumfries, DG11BZ</p>	<p>10.30am-12.30pm</p>

<p>Tuesday 24th September</p>	<p>A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey. For this session we have a Guest Speaker from Dementia Carers Count, talking about their work and support offered.</p> <p>Carer Drop in The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>lwheatley@alzscot.org 07780 006215</p> <p>1.30pm-4.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
<p>Thursday 26th September</p>	<p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>All Together Now Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>**NEW** Thornhill Carers Café - Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey; all with people experiencing similar situations.</p>	<p>10am-15.30pm</p> <p>aallison@alzscot.org 07880 815 081</p> <p>10am-12.30pm</p> <p>aallison@alzscot.org 07880 815 081</p> <p>1.30pm-3.30pm</p> <p>amquinn@alzscot.org 07557 860838</p> <p>2pm-3.30pm</p> <p>apritchard@alzscot.org 07919 927646</p>
<p>Friday 27th September</p>	<p>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything! The Johnston, St Mary St, Kirkcudbright DG6 4EG</p>	<p>10am-12 noon</p> <p>amquinn@alzscot.org 07557 860838</p> <p>1.30pm-3.30pm</p>

Monday 30th
September

Castle Douglas 'Let's Get Together'

St Ninians Church Hall, White Park Road, Castle Douglas,
DG7 1EX

agordon@alzscot.org

07798 667565

1.30pm-3.30pm

Carer Drop in

The Hub/Ward C4 Dumfries & Galloway Royal Infirmary,
Dumfries DG2 8RX

apritchard@alzscot.org

07919 927646

Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.

Online Group

Virtual Resource Centre group sessions

Our Virtual Resource Centre (VRC) is an online space where people will be able to access groups, activities, and information sessions all from the comfort of their own homes.

<https://www.alzscot.org/virtual-resource-centre-0>

You can access a range of free live and 'on demand' activities including live music sing-alongs, arts and crafts, quizzes, seated exercises and relaxation techniques. The VRC also runs a program of information sessions on topics such as financial advice, using technology, and support and services. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.

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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>.

