

# What's On

## October 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		
Tuesday 1 <sup>st</sup> October	<p><b>All Together Now</b> 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><a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p>
	<p><b>Singing Together</b> Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH.</p> <p>Bring your voices good or bad to our new activity group – <b>Singing Together</b>. 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 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>1.30pm-3.30pm</p> <p><a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p>
Wednesday 2 <sup>nd</sup> October	<p><b>Sanquhar Dementia Café</b> <b>(formerly coffee and chat group)</b> A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p>	<p>10.30am-12pm</p> <p><a href="mailto:lwheatley@alzscot.org">lwheatley@alzscot.org</a> 07780 006215</p>

<p>Thursday 3<sup>rd</sup> October</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><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> 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><a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p> <p>1.30pm-3.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Friday 4<sup>th</sup> October</p>	<p><b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> 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 everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p> <p><b>** NEW** Dalbeattie Better Together</b> Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD</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 noon</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p> <p>10am-12pm</p> <p><a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p>

	<p><b>Castle Douglas 'Let's Get Together'</b> St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX</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>1.30pm-3.30pm</p> <p><a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p>
<p>Monday 7<sup>th</sup> October</p>	<p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; 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><a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646</p>
<p>Tuesday 8<sup>th</sup> October</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-15.30pm</p> <p><a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p>
<p>Wednesday 9<sup>th</sup> October</p>	<p><b>** NEW** Sanquhar Seniors Activity Group</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Come along to our new weekly community group, which will be a mix of the arts, music, games, light exercise and much more! A friendly welcome awaits, so if you or someone you know has a diagnosis of dementia or memory issues, please pop in and find out what we have to offer you!</p>	<p>10.30am-12.30pm</p> <p><a href="mailto:LJanssen@alzscot.org">LJanssen@alzscot.org</a> 07771 358843</p>
<p>Thursday 10<sup>th</sup> October</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!'</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm</p> <p><a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p> <p>1.30pm-3.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>

Friday 11 <sup>th</sup> October	<b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon  amquinn@alzscot.org 07557 860838
	<b>** NEW** Dalbeattie Better Together</b> Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD	10am-12pm  <u>agordon@alzscot.org</u> 07798 667565
	<b>Castle Douglas 'Let's Get Together'</b> St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX	1.30pm-3.30pm  <u>agordon@alzscot.org</u> 07798 667565
Monday 14 <sup>th</sup> October	<b>Carer Drop in.</b> The Hub/Ward C4 Dumfries & Galloway Royal Infirmary, Dumfries DG2 8RX  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.	1.30pm-4.30pm  <u>apritchard@alzscot.org</u> 07919 927646
Tuesday 15 <sup>th</sup> October	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-15.30pm  <u>aallison@alzscot.org</u> <b>07880 815 081</b>
Wednesday 16 <sup>th</sup> October	<b>** NEW** Sanquhar Seniors Activity Group</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm  <u>LJanssen@alzscot.org</u> 07771 358843
Thursday 17 <sup>th</sup> October	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND  <b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm  <u>aallison@alzscot.org</u> <b>07880 815 081</b>  1.30pm-3.30pm  <u>amquinn@alzscot.org</u> 07557 860838

Friday 18<sup>th</sup>  
October

**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](mailto:amquinn@alzscot.org)  
07557 860838

**\*\* NEW\*\* Dalbeattie Better Together**

Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD

10am-12pm

[agordon@alzscot.org](mailto:agordon@alzscot.org)  
07798 667565

**Castle Douglas 'Let's Get Together'**

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

1.30pm-3.30pm

[agordon@alzscot.org](mailto:agordon@alzscot.org)  
07798 667565

Monday 21<sup>st</sup>  
October

**Langholm Dementia Cafe**

Langholm Day Centre, Charles Street Langholm DG13 0AA

1.30pm-3.30pm

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 people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.

[lwheatley@alzscot.org](mailto:lwheatley@alzscot.org)  
07780 006215

For this session we have a Guest Speaker from Dementia Carers Count, talking about their work and support offered.

**Carer Drop in**

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

1.30pm-4.30pm

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.

[apritchard@alzscot.org](mailto:apritchard@alzscot.org)  
07919 927646

Tuesday 22<sup>nd</sup>  
October

**All Together Now**

Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND

10am-15.30pm

[aallison@alzscot.org](mailto:aallison@alzscot.org)  
07880 815 081

<p>Wednesday 23<sup>rd</sup> October</p>	<p><b>** NEW** Sanquhar Seniors Activity Group</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p>	<p>10.30am-12.30pm  <a href="mailto:LJanssen@alzscot.org">LJanssen@alzscot.org</a> 07771 358843</p>
<p>Thursday 24<sup>th</sup> October</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm  <a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> 07880 815 081</p> <p>1.30pm-3.30pm  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Friday 25<sup>th</sup> October</p>	<p><b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p><b>** NEW** Dalbeattie Better Together</b> Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD</p> <p><b>Castle Douglas 'Let's Get Together'</b> St Ninians Church Hall, White Park Road, Castle Douglas, DG7 1EX</p>	<p>10am-12 noon  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p> <p>10am-12pm  <a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p> <p>1.30pm-3.30pm  <a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p>
<p>Monday 28<sup>th</sup> September</p>	<p><b>Carer Drop in</b> The Hub/Ward C4 Dumfries &amp; 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><b>Dumfries Dementia Cafe</b> <b>The Usual Place, Academy Street, Dumfries, DG11BZ</b></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.</p>	<p>1.30pm-4.30pm  <a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646</p> <p>10.30am-12.30pm  <a href="mailto:lwheatley@alzscot.org">lwheatley@alzscot.org</a> 07780 006215</p>

Tuesday 29 <sup>th</sup> October	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-15.30pm  <a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> <b>07880 815 081</b>
Wednesday 30 <sup>th</sup> October	<b>** NEW** Sanquhar Seniors Activity Group</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm  <a href="mailto:LJanssen@alzscot.org">LJanssen@alzscot.org</a> 07771 358843
Thursday 31 <sup>st</sup> October	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm  <a href="mailto:aallison@alzscot.org">aallison@alzscot.org</a> <b>07880 815 081</b>
	<b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1.30pm-3.30pm  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838
	<b>Thornhill Carers Café</b> - Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND  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.	2pm-3.30pm  <a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646
	<b>Online Group</b>	
	<b>Virtual Resource Centre group sessions</b> 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.  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.	<a href="https://www.alzscot.org/virtual-resource-centre-0">https://www.alzscot.org/virtual-resource-centre-0</a>

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>.

