

# What's on

## October 2024 - Dundee



Our Community Groups are open to anyone living with dementia or experiencing difficulties with their memory, their families, friends and supporters. **All are welcome** – people can attend independently, and those unable to do so should come with a companion who can provide any necessary support for them. If there is no specified ticket price, we ask for a small donation on the door to cover the costs of running the activity.

We are unfortunately unable to provide transport to these groups and therefore it is your responsibility to get to and from activities safely. Please speak to us, so we can support you to explore the most suitable transport options for you.

**We would be grateful if you could let us know in advance if you intend to attend any groups. This means that we can update you if there are any changes or last-minute cancellations due to staff illness / weather.**

**Please aim to arrive no more than 15 minutes before the advertised start time, to ensure that there is someone on site to let you in.**

If you have questions about any of the groups or activities, or have an idea for a new group, please contact:

Shabana Basheer – Community Activities Organiser  
Email: [SBasheer@alzscot.org](mailto:SBasheer@alzscot.org) Tel: 07585 601599

Jeni Sinclair – Dementia Advisor  
Email: [Jenisinclair@Alzscot.org](mailto:Jenisinclair@Alzscot.org) Tel: 07917 241024

All Groups (in-person and digital)		
Tues 1 Oct	<b>Move it or Lose it with RVS</b> <i>Gentle exercise and activities</i> <b>*Please note places have to be pre-booked – contact 07917 241024</b> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Wed 2 Oct	<b>Football Memories – Dundee FC</b> <i>Football &amp; social reminiscence</i> at Gardyne Campus (Lower level), Dundee & Angus College <b>Please do not arrive before 2.15pm to avoid crowding in the foyer</b>	2.30pm – 4.00pm <b>(PLEASE NOTE LATER SESSION TIME)</b>
Thurs 3 Oct	<b>Creative Connections at V&amp;A</b> Join V&A Designers for a creative, sociable morning for anyone affected by dementia, their friends, family and supporters. Includes a relaxed tour of the Kimono exhibition. Refreshments / light lunch provided <b>*BOOKING REQUIRED – limited spaces. Please contact Shabana on 07585 601599</b> At V&A Dundee, Esplanade, Dundee (meet in foyer)	10.30am – 12.30pm

Thurs 3 Oct	<b>Down Memory Lane</b> <i>Activities and reminiscence around Dundee history</i> At Dundee Central Library, Wellgate Shopping Centre, DD1 1DB. We will meet in the Reading area within Leisure Reading Section). <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.</i>	2.00pm – 3.30pm
Mon 7 Oct	<b>Carer Coffee &amp; Catch Up</b> <i>An opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> At Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Tues 8 Oct	<b>Move it or Lose it with RVS</b> <i>Gentle exercise and activities</i> <b>*Please note places have to be pre-booked – contact 07917 241024</b> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 15 Oct	<b>Move it or Lose it with RVS</b> <i>Gentle exercise and activities</i> <b>*Please note places have to be pre-booked – contact 07917 241024</b> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 15 Oct	<b>D’Café at V&amp;A Dundee</b> <i>Meet friends and access peer support and info in the lovely relaxing environment of the V&amp;A.</i> At V&A, Esplanade, Dundee	2.00pm – 3.30pm
Wed 16 Oct	<b>Football Memories – Dundee Utd FC</b> <i>Football &amp; social reminiscence</i> at Hegarty Suite, Tannadice Park	2.00pm – 3.30pm
Thurs 17 Oct	<b>Elevenses @ DRC</b> <i>A chance to meet new people and chat while enjoying tea and cake with us</i> At Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	11am – 12pm
Thurs 17 Oct	<b>Down Memory Lane</b> <i>Activities and reminiscence around Dundee history</i> At Dundee Central Library, Wellgate Shopping Centre, DD1 1DB. We will meet in the Reading area within Leisure Reading Section). <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.</i>	2.00pm – 3.30pm
Mon 21 Oct	<b>Carer Coffee &amp; Catch Up</b> <i>An opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> At Alzheimer Scotland, 9 Morgan St, Dundee	10.30am – 12.00pm (drop-in)
Mon 21 Oct	<b>Carers’ Evening (ONLINE via Teams)</b>	6.15pm – 7.15pm

	<p><i>An opportunity for carers to come together to chat, seek information and gain peer support.</i></p> <p><b>Please contact Jeni for details – 07917 241024 / <a href="mailto:JeniSinclair@alzscot.org">JeniSinclair@alzscot.org</a></b></p>	
Tues 22 Oct	<p><b>Move it or Lose it with RVS</b>  <i>Gentle exercise and activities</i></p> <p><b>*Please note places have to be pre-booked – contact 07917 241024</b>  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE</p>	10.30am – 12.30pm
Wed 23 Oct	<p><b>Music and Memories</b>  Music and reminiscence  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE</p>	11.00am – 12.15pm
Wed 23 Oct	<p><b>Broughty Ferry Walking Group</b>  <i>Join us for a gentle walk along the waterfront, before heading up to Broughty Ferry library to warm up and wind down with a hot drink and biscuits. This walk is for all abilities, but please do make sure you are dressed for the weather and feeling well enough to walk. <b>Please let Shabana know if you plan to attend (07585 601599).</b></i>  Meet at Castle Approach, Broughty Ferry, DD5 2TF  (next to Castle car park)</p>	1.30pm – 3.00pm
Thurs 24 Oct	<p><b>Elevenses @ DRC</b>  <i>A chance to meet new people and chat while enjoying tea and cake with us</i>  At Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	11am – 12pm
Thurs 24 Oct	<p><b>Allotment (Kinnaird Allotments)</b>  <i>Come and enjoy some fresh air, good company, and the view across the Tay from our allotment on the Law Hill.</i>  NB: this activity is not suitable for wheelchair users due to access issues. Attendees must be able to walk independently for a short distance. There is no toilet access in the allotment, the closest public toilet is further up Law Road (parking available).  <b>Please let Shabana know if you plan to attend (07585 601599)</b>  At <b>Kinnaird Allotments, Law Hill</b> (entrance from Law Road).</p>	1.00pm – 3.00pm
Fri 25 Oct	<p><b>BOOGIE</b>  <i>An afternoon of music, dance &amp; fun</i>  Craigie Bowling Club, 55 Dalkeith Road, Dundee  Doors open 1.15pm  <b>*Please call 07917 241024 to book your place</b>  <b>Tickets £3.50 per person</b></p>	1.30pm – 3.30pm

Mon 28 Oct	<b>Learning and Disability – Dementia Support Service</b> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE <b>Please contact Jeni for details – 07917 241024 /</b> <b><a href="mailto:JeniSinclair@alzscot.org">JeniSinclair@alzscot.org</a></b>	2.00pm – 4.00pm
Tues 29 Oct	<b>Move it or Lose it with RVS</b> <i>Gentle exercise and activities</i> <b>*Please note places have to be pre-booked –</b> <b>contact 07917 241024</b> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 29 Oct	<b>D'café at St Aidan's</b> <i>Peer support, information and chat</i> At St Aidan's Halls, Brook Street, Broughty Ferry, Dundee, DD5 2EY	2.00pm – 3.30pm
Wed 30 Oct	<b>Afternoon at the McManus</b> <i>Join us for a relaxed afternoon, including a</i> <i>dementia-friendly tour of the museum, followed by</i> <i>refreshments and the chance to try out some</i> <i>printmaking!</i> At McManus Galleries, Albert Square, Meadowside, Dundee, DD1 1DA	1.30pm – 3.00pm

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/alzscot>

