

# What's on



## November 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 at the activity 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

\* Activities Organiser queries from 15<sup>th</sup> Nov; contact 01382 210200

Jeni Sinclair – Dementia Advisor

Email: [Jenisinclair@Alzscot.org](mailto:Jenisinclair@Alzscot.org) Tel: 07917 241024

All Groups (in-person and digital)		
Mon 4 Nov	<b>Carer Coffee &amp; Catch Up</b> <i>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> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Mon 4 Nov	<b>Carers Information/Ed Sessions (Week 1)</b> <i>Open to those supporting someone with a diagnosis or seeking a diagnosis of Dementia</i> <b>Topic 1 – Understanding Dementia</b> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE Please contact Jeni Sinclair (details above)	2.00pm – 3.30pm
Tues 5 Nov	<b>Move it or Lose it with RVS</b> <i>Gentle seated exercises, activities &amp; refreshments</i> <b>*Please note places have to be pre-booked – contact 07917 241024</b> Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Wed 6 Nov	<b>Football Memories – Dundee FC</b> <i>Football &amp; social reminiscence</i> Gardyne Campus (Lower level – DFC club entrance) Dundee & Angus College <b>Please do not arrive before 2.15pm to avoid crowding in the foyer</b>	2.30pm – 4.00pm

Thurs 7 Nov	<b>Elevenses @ DRC</b> <i>Meet new people and chat. Refreshments included</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	11am – 12pm
Thurs 7 Nov	<b>Down Memory Lane</b> <i>Activities and reminiscence around Dundee history</i> Central Library, Wellgate Centre, DD1 1DB. Meet in the Reading area, (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 11 Nov	<b>Carers Information/Ed Sessions (Week 2)</b> <i>Open to those supporting someone with a diagnosis or seeking a diagnosis of Dementia</i> <b>Topic 2 – Communication, Traits &amp; Dementia</b> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE Please contact Jeni Sinclair (details above)	2.00pm – 3.30pm
Tues 12 Nov	<b>Move it or Lose it with RVS</b> <i>Gentle seated exercises, activities &amp; refreshments</i> <b>*Please note places have to be pre-booked – contact 07917 241024</b> Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Wed 13 Nov	<b>Music and Memories</b> Music and reminiscence Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	11.00am – 12.15pm
Wed 13 Nov	<b>Broughty Ferry Walking Group</b> <i>Join us for a gentle walk along the waterfront, before heading up to Broty Ferry library to enjoy refreshments. This walk is for all abilities, but please make sure you are dressed for the weather and feeling fit enough to walk. <b>Please let Shabana know if you plan to attend (07585 601599).</b></i> Meet at Castle Approach, Broty Ferry, DD5 2TF (next to Castle car park)	1.30pm – 3.00pm
Thurs 14 Nov	<b>Elevenses @ DRC</b> <i>Meet new people and chat. Refreshments included</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	11am – 12pm
Thurs 14 Nov	<b>Allotment (Kinnaird Allotments)</b> <i>Enjoy fresh air, 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> <b>Kinnaird Allotments, Law Hill (enter from Law Rd).</b>	1.00pm – 3.00pm
Mon 18 Nov	<b>Carer Coffee &amp; Catch Up</b> <i>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> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)

Mon 18 Nov	<p><b>Carers Information/Ed Sessions (Week 3)</b>  <i>Open to those supporting someone with a diagnosis or seeking a diagnosis of Dementia.</i>  <b>Topic 3 – Supporting Daily Living &amp; Carer Support</b>  Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE  Please contact Jeni Sinclair (details above)</p>	2.00pm – 3.30pm
Mon 18 Nov	<p><b>Carers' Evening (ONLINE via Teams)</b>  <i>An opportunity for carers to come together to chat, seek information and gain peer support.</i>  <b>Please contact Jeni for details – 07917 241024 / <a href="mailto:JeniSinclair@alzscot.org">JeniSinclair@alzscot.org</a></b></p>	6.15pm – 7.15pm
Tues 19 Nov	<p><b>Move it or Lose it with RVS</b>  <i>Gentle seated exercises, activities &amp; refreshments</i>  <b>*Please note places have to be pre-booked – contact 07917 241024</b>  Alzheimer Scotland Resource Centre,  9 Morgan Street, Dundee, DD4 6QE</p>	10.30am – 12.30pm
Tues 19 Nov	<p><b>D'Café at V&amp;A Dundee</b>  <i>Meet friends and access peer support and info in the lovely environment of the V&amp;A, Dundee.</i>  V&amp;A Dundee, Esplanade, Dundee  <b>**Blue Badge holders can park in the streets around Slessor Gardens</b></p>	2.00pm – 3.30pm
Wed 20 Nov	<p><b>Football Memories – Dundee Utd FC</b>  <i>Football &amp; social reminiscence</i>  Hegarty Suite, Tannadice Park, Dundee. (PS/KM)</p>	2.00pm – 3.30pm
Thurs 21 Nov	<p><b>Elevenses @ DRC</b>  <i>Meet new people and chat. Refreshments included</i>  Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	11am – 12pm
Thurs 21 Nov	<p><b>Down Memory Lane</b>  <i>Activities and reminiscence around Dundee history</i>  At Central Library, Wellgate Centre, DD1 1DB.  Meet in the Reading area, (Leisure Reading Section).  <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark. (JB)</i></p>	2.00pm – 3.30pm
Mon 25 Nov	<p><b>Dementia, Learning &amp; Disability Support Service</b>  Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE  <b>This session is for those with a Learning Disability and Dementia.</b>  <b>Support/advice/information available</b>  <b>Carers &amp; supporters welcome</b>  <b>In partnership with NHS Tayside, HSCP &amp; Alzheimer Scotland</b>  <b>Please contact Jeni for details – 07917 241024 / <a href="mailto:JeniSinclair@alzscot.org">JeniSinclair@alzscot.org</a></b></p>	2.00pm – 4.00pm
Tues 26 Nov	<p><b>Move it or Lose it with RVS</b>  <i>Gentle seated exercises, activities &amp; refreshments</i>  <b>*Please note places have to be pre-booked – contact 07917 241024</b>  Alzheimer Scotland Resource Centre,  9 Morgan Street, Dundee, DD4 6QE</p>	10.30am – 12.30pm

Tues 26 Nov	<b>D'café at St Aidan's</b> <i>Peer support, information and chat</i> St Aidan's Halls, Brook Street, Broty Ferry, DD5 2EY	2.00pm – 3.30pm
Wed 27 Nov	<b>Music and Memories</b> Music and reminiscence Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	11.00am – 12.15pm
Wed 27 Nov	<b>Broughty Ferry Walking Group</b> <i>Join us for a gentle walk along the waterfront, before heading up to Broty Ferry library to enjoy refreshments. This walk is for all abilities, but please make sure you are dressed for the weather and feeling fit enough to walk. <b>Please let us know if you plan to attend (01382 210200).</b></i> Meet at Castle Approach, Broty Ferry, DD5 2TF (next to Castle car park) <sup>(UB)</sup>	1.30pm – 3.00pm
Thurs 28 Nov	<b>Elevenses @ DRC</b> <i>A chance to meet new people and chat while enjoying tea and cake with us</i> Alzheimer Scotland, 9 Morgan St, DD4 6QE	11am – 12pm
Thurs 28 Nov	<b>Allotment (Kinnaird Allotments)</b> <sup>(UB)</sup> <i>Enjoy fresh air, 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 us know if you plan to attend (01382 210200)</b> <b>Kinnaird Allotments, Law Hill</b> (enter from Law Rd).	1.00pm – 3.00pm
Fri 29 Nov	<b>BOOGIE</b> <i>An afternoon of music, dance &amp; fun</i> LOCHEE BOWLING CLUB, Ancrum Road, Dundee Doors open 1.15pm  <b>For step-free access, please enter via the Ancrum Road entrance.</b>  <b>*Please call 07917 241024 to book your place</b> <b>Tickets £3.50 per person</b>	1.30pm – 3.30pm

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>

