

What's on



November 2024 - Stranraer

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.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in. Please see below for more details.

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.

Centre Contact Number: 01776 889181

In person group		
Friday 1 st November	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	1.30pm – 3.30pm
	This session will include some green bowling at Kirkcolm Bowling Club. Meeting at the resource centre at 1.30pm before heading out to Kirkcolm. Contact Natalie for more details.	NCollins@alzscot.org 07767 647062
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm
	It's never too early or too late to care for your brain, regardless of your age or condition. Why not drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.	KMcWhirter@alzscot.org 07464 901788
Monday 4 th November	Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon
	An Arts & Crafts session to encourage PWD and their friends and family to show their Artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.	NCollins@alzscot.org 07767 647062
Tuesday 5 th November	Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon
	A relaxed gardening group open to people with all gardening abilities.	NCollins@alzscot.org 07767 647062

	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Wednesday 6 th November	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>It's never too early or too late to care for your brain, regardless of your age or condition. Staff can discuss with you about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health. Contact to book an appointment.</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Thursday 7 th November	<p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am – 12.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
	<p>Winter Warmers Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Social gathering activity with a chance to enjoy a cosy afternoon of activities from the comfort of our centre. Where fun filled winter activities will take place from games, hot chocolate making and a seasonal winter wildlife walk. These are some of many activities taking place during this session. Come along and enjoy a warm space with us.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Friday 8 th November	<p>Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.</p>	<p>10.30am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
	<p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>

<p>Monday 11th November</p>	<p>Stranraer Musical Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.</p> <p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Tuesday 12th November</p>	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Rural Life Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>For this session we will be visiting Stranraer Museum. We are meeting at the Stranraer Centre first for a cuppa at 1.30pm before heading to the museum. Please contact Natalie if you have any enquiries about the session.</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>1.30pm– 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Wednesday 13th November</p>	<p>Cromarty Quiz Masters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.</p> <p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Thursday 14th November</p>	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>The Memory Box Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.</p>	<p>10.30am – 12.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>

Friday 15 th November	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL This session will include some green bowling at Kirkcolm Bowling Club. Meeting at the resource centre at 1.30pm before heading out to Kirkcolm. Contact Natalie for more details.	1.30pm – 3.30pm NCollins@alzscot.org 07767 647062
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Monday 18 th November	Winter Warmers Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm NCollins@alzscot.org 07767 647062
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Tuesday 19 th November	Therapeutic Tuesdays Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788
Wednesday 20 th November	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Thursday 21 st November	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788
	Stranraer Lunch Group Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.	12 noon – 2pm NCollins@alzscot.org 07767 647062

Friday 22 nd November	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 25 th November	Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062
	Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.	
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788
	Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm-3.30pm KMcWhirter@alzscot.org 07464 901788
	A support group for individuals caring for a parent who is living with dementia.	
Tuesday 26 th November	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062
	For this session an Optometrist will be attending to give an information talk about the importance of vision check-ups and information on eyecare for people living with dementia.	
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Wednesday 27 th November	Sing With Us Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am-12 noon NCollins@alzscot.org 07767 647062
	Bring along your singing voices good or bad to our new activity group. Sing With Us. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from music and singing and improve our brain health. We hope you come along for a sing song.	
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788

Thursday 28 th November	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10.30am – 1pm NCollins@alzscot.org 07767 647062
Friday 29 th November	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Light exercise and physical activities for example armchair yoga, Balloon tennis, memory walks, which can help reduce the risk of falls by improving balance and strength.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Wednesday 27 th November	Coffee and Connect This online coffee group provides an opportunity to connect with our centre's support services digitally. Pop the kettle on and join us for a cuppa. Please get in touch to receive the link to join.	2pm – 3pm NCollins@alzscot.org 07767 647062

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>

24 HOUR

Dementia



Alzheimer
Scotland
Action on Dementia

Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org