

What's On



**Alzheimer
Scotland**
Action on Dementia

December 2024 - Perth

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 for a warm drink. 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.

In Person Group		
Various Appointments Throughout December	Your Brain Health Various factors impact your brain health throughout life. While some of these factors are beyond your control others you can influence by making positive lifestyle changes. We offer individual appointments to explore these factors and enable you to stay healthy and reduce the risk of diseases that can lead to dementia. For more information or to book contact Lauren on lheap@alzscot.org or 07769 364179	Please contact to arrange
Monday 2nd Dec	Reminiscence Group- Memories of the past & present This can be about a variety of topics from old Perth, Music, hobbies, farming, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre	10.30am – 12noon
	Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Why not bring your favourite record in and we can pop it on and dance together! Perth Brain Health & Dementia Resource Centre	2 pm – 3.30 pm
Tuesday 3rd Dec	Strength And Balance with Live Active Come along to the centre and engage with some light exercise. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon “NEW”

	<p>Community Café Drop In Memory Strategies – Occupational Therapist OT Sarah Carstairs will conduct a session aimed at individuals interested in exploring memory strategies. This session is designed for anyone who believes they could gain from practical advice and techniques to improve their memory in a home setting. Sarah will present various strategies to support memory retention and offer insights into environmental modifications that may assist those experiencing memory challenges. Perth Brain Health & Dementia Resource Centre</p>	<p>1.30pm – 3.30pm “NEW”</p>
<p>Wednesday 4th Dec</p>	<p>Carers Support Group Come along and meet other carers from the local community over a lovely cuppa in a safe space. Cared for may attend the Games/Quiz morning should you wish. Perth Brain Health and Dementia Resource Centre</p> <p>Games & Quiz morning Come in and join us for a fun filled morning of games and quizzes. A lovely cuppa will be provided. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and show us how it's done. Perth Brain Health & Dementia Resource Centre</p> <p>Photography group – Bring along your favourite photos new or old to share over a cuppa, these can be either be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the BHDRC. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30– 12.00 noon “NEW”</p> <p>10.30am – 12noon</p> <p>2.30pm – 3.30pm</p> <p>2.00pm –3.30pm “NEW”</p>
<p>Thursday 5th Dec</p>	<p>Community Café Drop in – The kettle is on! Come along and drop in for a cuppa and a chat. A safe space to learn about improving your brain health, living with memory loss or dementia, our support services and other information held in the centre Perth Brain Health & Dementia Resource Centre</p> <p>Bookable Appointments – Brain Health Plans Bookable appointments to complete your brain health Personal Action Plans. Through completing one of these plans we will support you identify any risk reduction actions and support you to improve your brain health. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am – 12noon</p> <p>10:30 am – 3 pm “NEW”</p>

	<p>Social Circle: A Respite Opportunity for Carers At Perth, we understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer <i>Social Circle</i>—a weekly group designed for individuals living with memory loss, providing carers with the valuable time they need for self-care and relaxation. Please contact the centre to reserve your space. BOOKING ESSENTIAL due to limited spaces Perth Brain Health & Dementia Resource Centre</p>	<p>1.00pm – 3.30pm “NEW”</p>
<p>Friday 6th Dec</p>	<p>Dementia Friendly Café Drop in and meet others in the community living with dementia, carers & families for a lovely cuppa and catch up. Perth Brain Health & Dementia Resource Centre</p> <p>Information drop in – Home Energy Scotland Get Ready for winter, come along and find out ways you can save money on your fuel bills and possibly access a Scottish Government potential funding options to improve your homes energy efficiency. Perth Brain Health & Dementia Resource Centre</p> <p>Brain Health Drop In Pop in to see us and start looking into ways we can support you improve your brain health. This can be through a general chat or though completing our brain health quiz and/or plan. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>10.30am – 3.30pm “NEW”</p> <p>2.00 – 3.30pm “NEW”</p>
<p>Monday 9th Dec</p>	<p>Reminiscence Group- Memories of the past & present This can be about a variety of topics from old Perth, Music, hobbies, farming, sports, foods or activities. Come along and share your memories and even learn something new. Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday Please join us for a variety of different musical activities, this could be playing music that you love, or we could have a playlist for listening groups or even a singalong. Why not bring your favourite record in and we can pop it on and dance together! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2pm – 3.30pm</p>
<p>Tuesday 10th Dec</p>	<p>Strength And Balance with Live Active Come along to the centre and engage with some light exercise. Perth Brain Health and Dementia Resource Centre</p>	<p>10.30 – 12.30pm “NEW”</p>

	<p>Community Café Drop in – Keep safe scheme in conjunction with Police Scotland– Keep Safe Coordinator, Rowan, is at the Centre for Inclusive Living. Working in conjunction with Police Scotland and Renfrewshire-based charity I Am Me, it is to promote the Keep Safe Scheme. Keep Safe cards are available for anyone to use. They can be particularly useful for people living with dementia, people who have hidden disabilities, or specific communication requirements, such as being non-verbal, or being deaf and using lip reading or sign language.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>1.30 – 3.30 pm “NEW”</p>
<p>Wednesday 11th Dec</p>	<p>Young Onset group Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome. Perth Brain Health and Dementia Resource Centre</p> <p>Young Onset carers group Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome. Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and show us how it's done. Perth Brain Health & Dementia Resource Centre</p> <p>Photography group Bring along your favourite photos new or old to share over a cuppa, these can be either be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the BHDRC – why not take a new photo on your way to us! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30–12.00pm “NEW”</p> <p>10.30– 12.00pm “NEW”</p> <p>2.00pm – 3.30pm</p> <p>2.00 –3.30pm “NEW”</p>
<p>Thursday 12th Dec</p>	<p>Community Café Drop in – The kettle is on! Come along and drop in for a cuppa and a chat. A safe space to learn about improving your brain health, living with memory loss or dementia, our support services and other information held in the centre Perth Brain Health & Dementia Resource Centre</p> <p>Bookable Appointments – Brain Health Plans Bookable appointments to complete your brain health Personal Action Plans. Through completing one of these plans we will support you identify any risk reduction actions and support you to improve your brain health. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>10.30am – 3pm “NEW”</p>

Wednesday 18th Dec	Carers Support Group Come along and meet other carers from the local community over a lovely cuppa in a safe space. Cared for may attend the Games/Quiz morning should you wish. Perth Brain Health and Dementia Resource Centre	10.30-12.00 pm "NEW"
	Games & Quiz morning Come in and join us for a fun filled morning of games and quizzes. A lovely cuppa will be provided. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon "NEW"
	Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and show us how it's done. Perth Brain Health & Dementia Resource Centre	2.00pm – 3.30 pm
	Photography group Bring along your favourite photos new or old to share over a cuppa, these can be either be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the BHDRC - why not take a new photo on your way to us! Perth Brain Health & Dementia Resource Centre	2.00pm –3.30pm "NEW"
Thursday 19th Dec	Community Café Drop in – The kettle is on! Come along and drop in for a cuppa and a chat. A safe space to learn about improving your brain health, living with memory loss or dementia, our support services and other information held in the centre Perth Brain Health & Dementia Resource Centre	10.30am – 12noon
	Volunteer peer support and information session A space for volunteers to get support, share their experiences, new ideas to develop or for people considering volunteering. Third Thursday of the month Perth Brain Health & Dementia Resource Centre	10.30am – 12.00 "NEW"
	Bookable Appointments – Brain Health Plans Bookable appointments to complete your brain health Personal Action Plans. Through completing one of these plans we will support you identify any risk reduction actions and support you to improve your brain health. Perth Brain Health & Dementia Resource Centre	10.30am – 3.00 pm "NEW"
	Social Circle: <u>A Respite Opportunity for Carers</u> At Perth, we understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer <i>Social Circle</i> —a weekly group designed for individuals living with memory loss.	1.00pm – 3.30pm "NEW"

	<p>providing carers with the valuable time they need for self-care and relaxation. Please contact the centre to reserve your space. BOOKING ESSENTIAL due to limited spaces Perth Brain Health & Dementia Resource Centre</p>
Friday 20th Dec	<p>Dementia Friendly Christmas Café 10.30 – 1:00pm Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up. Perth Brain Health & Dementia Resource Centre</p>

If you wish to discuss anything about the groups prior to attending, please contact any of the staff listed below and they should be able to supply you with any additional information.

Online Group

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.

Find out more online at –

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

Contact details for groups held within the Perth Brain Health DRC: –

Lauren Heap: Email: LHeap@alzscot.org Tel: 07769 364179

Andrew Boyes: Email: ABoyes@alzscot.org Tel: 07467 351246
Centre Address – 7 George Street, Perth PH1 5JY

Contact details to book and receive a link for the Online Groups: –

Cherrie: Email: perthservices@alzscot.org Tel: 01506 553108

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/fundraising/DundeePerthandAngus>

