

What's on



December 2024 – Stirling & Clacks

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 do not provide 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 have any 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		
Mon 2nd December	Alloa Monday Café & Lunch Club – We are delighted to offer you a new six-week programme with a different theme each week.	For more info contact: Aboyd@alzscot.org Tel: 07932120685
10.30am – 12pm 12.pm – 1pm 1.30pm – 3.30pm	Drop In Café Lunch Break – bring your own lunch This weeks themed activities – Christmas Choir You are welcome to attend all sessions or please feel free to attend which session is more suitable to you. Please note these sessions are for both the person living with dementia and their carer. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 3rd December	Drop in Café - - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
10.30am-12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 3rd December	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1.30am – 3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 4th December	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be	For more info contact: Craby@alzscot.org or Tel: 07786406668
10.30am-12pm		

	available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 5th December 10.30am-12pm 10.30am-12pm	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered. Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950 For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 5th December 1.30pm-3pm	Thursday Social Group – a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Friday 6th December 1pm – 3pm	Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel:07970784950
Mon 9th Decmber 10.30am – 12pm 12.pm – 1pm 1.30pm – 3.30pm	Alloa Monday Café & Lunch Club – We are delighted to offer you a new six-week programme with a different theme each week. Drop In Café Lunch Break – bring your own lunch This weeks themed activities – Christmas Party You are welcome to attend all sessions or please feel free to attend which session is more suitable to you. Please note these sessions are for both the person living with dementia and their carer. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Aboyd@alzscot.org or Tel: 07932120685
Tues 10th December 10.30am-12pm	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dprietley@alzscot.org or Tel: 07970784950

Tues 10th December	Activity Group- Fun & therapeutic activities for people living with dementia and carers.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 11th December	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. Last Wednesday of the month is a lunch group at 12-2pm.	For more info contact: Craby@alzscot.org or Tel: 07786406668
10.30am – 12pm	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 12th December	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
10.30am-12pm		
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 12th December	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 17th December	Drop in Café- - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	For more info contact: Dprietley@alzscot.org or Tel: 07970784950
10.30am-12pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 17th December	Activity Group- Fun & therapeutic activities for people living with dementia and carers.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 18th December	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Christmas Lunch – Fully Booked	For more info contact: Craby@alzscot.org or Tel: 07786406668
12pm – 2pm	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Wed 18th December	Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or carers. Join us for a fun and relaxing afternoon , socialising and catching up over a warm cuppa! Advice and support is also available if you want a chat	For more info contact: Craby@alzscot.org or Tel: 07786406668
2pm – 3.30pm		

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Thurs 19th December	Brain Gym- Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
10.30am-12pm		
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact: Dpaterson@alzscot.org or Tel: 07733302772
Thurs 19th December	Thursday Social Group – Christmas Bite & Blether Christmas Lunch – Fully booked	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Friday 20th December	Café with Art & Craft – an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff.	For more info contact: Dprietley@alzscot.org or Tel:07970784950
1pm-3pm		
Monday 23rd December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Tuesday 24th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Wednesday 25th December	PUBLIC HOLIDAY - CLOSED	
Thursday 26th December	PUBLIC HOLIDAY - CLOSED	
Friday 27th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Monday 30th December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480
Tuesday 31st December 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends.	For more info contact the main office on: Tel: 01324559480

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wednesday 1 st January	PUBLIC HOLIDAY - CLOSED	
Thursday 2 nd January	PUBLIC HOLIDAY - CLOSED	
Friday 3 rd January 10am – 2pm	The DRC will be open from 10am-2pm where you will welcomed with a hot drink, mince pie and the opportunity to catch up with friends. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact the main office on: Tel: 01324559480

Please see our availability of online groups below:-

Online Group		
Juke Box Days USA & UK	Every Wednesday 3.30pm – 4.15pm	Contact mike@screenmemories.org.uk or Dprietley@alzscot.org Tel:07970784950
Around the kitchen table	First Monday of month – 2pm – 3.30pm	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668
Carers Evening	First Wednesday of the month – 7pm -8pm	

Please note our online groups will not be running between the 23rd December 2024 and the 3rd January 2025.

