## 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 2 <sup>nd</sup>	Alloa Monday Café & Lunch Club – We are delighted to offer	For more info contact:
December	you a new six-week programme with a different theme each week.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm	Drop In Café	
12.pm – 1pm 1.30pm – 3.30pm	Lunch Break – bring your own lunch This weeks themed activities – Christmas Choir	
1.50pm – 5.50pm	This weeks themed activities – Christinas 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.	
	and their earer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 3 <sup>rd</sup>	<b>Drop in Café-</b> - an opportunity to meet others in a similar	For more info contact:
December	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
10.30am-12pm	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Tues 3 <sup>rd</sup>	Alloa, FK10 1DT  Activity Group- Fun & therapeutic activities for people living	For more info contact:
December	with dementia and carers.	
		<u>Dpriestley@alzscot.org</u> or
1.30am – 3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
	Alloa, FK10 1DT	
Wed 4 <sup>th</sup>	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
December	loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa.	Craby@alzscot.org or
10.30am-12pm	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	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.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 5 <sup>th</sup>	<b>Brain Gym</b> - Based on the principles of Cognitive Stimulation	For more info contact:
December	Therapy which is an evidence-based programme supported by	
	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
10.30am-12pm	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
	Carers Cuppa- Welcoming & friendly safe space offers carers	
10.30am-12pm	support.	For more info contact:
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 5 <sup>th</sup>	<b>Thursday Social Group</b> – a social group offering a relaxed &	For more info contact:
December	welcoming space to meet with peers & trained staff.	
	Each monthly programme of activities is based on agreed	Dpriestley@alzscot.org or
1.30pm-3pm	group interests to allow you to plan for the month ahead.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Friday 6 <sup>th</sup>	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
December	similar situation, to make connections and develop	
	friendships and to support and learn from one another.	Dpriestley@alzscot.org or
1pm – 3pm	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained	
	staff.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 9 <sup>th</sup> Decmber	Alloa Monday Café & Lunch Club – We are delighted to offer	For more info contact:
	you a new six-week programme with a different theme each	
	week.	Aboyd@alzscot.org or
10.30am – 12pm		Tel: 07932120685
12.pm – 1pm	Drop In Café	
1.30pm – 3.30pm	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.	
	Drain Health & Domentic Personner Control 2 4 Mill Chart	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Tues 10 <sup>th</sup>	Alloa, FK10 1DT	For more info southert
	<b>Drop in Café-</b> - an opportunity to meet others in a similar	For more info contact:
December	situation, to make connections and develop friendships and	Dariactlas @alacat are
10 20am 12nm	to support and learn from one another. Information & advice	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
10.30am-12pm	is always available from our trained staff.	161.07370704330
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
	A110a, 1 K10 1D1	

Tues 10 <sup>th</sup>	Activity Group- Fun & therapeutic activities for people living	For more info contact:
December	with dementia and carers.	
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
Wed 11 <sup>th</sup>	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
December	loss and their carers. Join us for a fun filled morning,	
	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
10.30am – 12pm	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	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.	
	wednesday of the month is a fuller group at 12 2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 12 <sup>th</sup>	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
December	Therapy which is an evidence-based programme supported by	
	NICE. This promotes wellbeing, maintains skills and supports	<u>Dpriestley@alzscot.org</u> or
10.30am-12pm	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
10.30am-12pm	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 12 <sup>th</sup>	<b>Thursday Social Group -</b> a social group offering a relaxed &	For more info contact:
December	welcoming space to meet with peers & trained staff.	Budadle Odlasska
1.30pm-3pm	Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
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	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
Al-	Alloa, FK10 1DT	
Tues 17 <sup>th</sup>	<b>Drop in Café</b> an opportunity to meet others in a similar	For more info contact:
December	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
10.30am-12pm	is always available from our trained staff.	Tel: 07970784950
	is arrays available from our cramea starr	1011 0737 070 1330
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 17 <sup>th</sup>	Activity Group- Fun & therapeutic activities for people living	For more info contact:
Tues 17 <sup>th</sup> December		
December	<b>Activity Group</b> - Fun & therapeutic activities for people living with dementia and carers.	<u>Dpriestley@alzscot.org</u> or
	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
December	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	<u>Dpriestley@alzscot.org</u> or
December 1.30pm-3pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street,	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
1.30pm-3pm Wed 18 <sup>th</sup>	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT  Stirling/Clacks Cafe – For people with dementia or memory	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
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December  1.30pm-3pm  Wed 18 <sup>th</sup> December  12pm – 2pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT  Stirling/Clacks Cafe — For people with dementia or memory loss and their carers.  Christmas Lunch — Fully Booked  The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	Dpriestley@alzscot.org or Tel:07970784950  For more info contact:  Craby@alzscot.org or Tel: 07786406668
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1.30pm-3pm  Wed 18 <sup>th</sup> December  12pm – 2pm	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT  Stirling/Clacks Cafe – For people with dementia or memory loss and their carers.  Christmas Lunch – Fully Booked  The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB  Espresso Yourself Café - For people with dementia or memory loss aged 65 years and under and their family or	Dpriestley@alzscot.org or Tel:07970784950  For more info contact:  Craby@alzscot.org or Tel: 07786406668  For more info contact:
December  1.30pm-3pm  Wed 18 <sup>th</sup> December  12pm – 2pm  Wed 18 <sup>th</sup>	Activity Group- Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT  Stirling/Clacks Cafe – For people with dementia or memory loss and their carers.  Christmas Lunch – Fully Booked  The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB  Espresso Yourself Café - For people with dementia or	Dpriestley@alzscot.org or Tel:07970784950  For more info contact:  Craby@alzscot.org or Tel: 07786406668

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	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
	Alloa, FRIO IDI	
Thurs 19 <sup>th</sup>	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
December	Therapy which is an evidence-based programme supported by	Tor more imo contact.
	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
10.30am-12pm	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
10.30am-12pm	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	<u>Dpaterson@alzscot.org</u>
	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 19 <sup>th</sup>	Thursday Social Group – Christmas Bite & Blether	For more info contact:
December	Christmas Lunch – Fully booked	
		<u>Dpriestley@alzscot.org</u> or
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
+b	Alloa, FK10 1DT	
Friday 20 <sup>th</sup> December	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
December	similar situation, to make connections and develop friendships and to support and learn from one another.	Dariostlov@alzsset org or
1pm-3pm	Art and Craft corner available with materials supplied.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
Thu-2hu	Information & advice is always available from our trained	161.07370784330
	staff.	
	Starri	
Monday 23 <sup>rd</sup>	The DRC will be open from 10am-2pm where you will	For more info contact the
December	welcomed with a hot drink, mince pie and the opportunity	main office on:
10am – 2pm	to catch up with friends.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 01324559480
	Alloa, FK10 1DT	
Tuesday 24 <sup>th</sup>	The DRC will be open from 10am-2pm where you will	For more info contact the
December	welcomed with a hot drink, mince pie and the opportunity	main office on:
10am – 2pm	to catch up with friends.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 01324559480
NAV. december 25th	Alloa, FK10 1DT	
Wednesday 25 <sup>th</sup> December	PUBLIC HOLIDAY - CLOSED	
Thursday 26 <sup>th</sup>	PUBLIC HOLIDAY - CLOSED	
December	TODELCTIONEDAT CLOSES	
Friday 27 <sup>th</sup>	The DRC will be open from 10am-2pm where you will	For more info contact the
December	welcomed with a hot drink, mince pie and the opportunity	main office on:
10am – 2pm	to catch up with friends.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 01324559480
	Alloa, FK10 1DT	
Monday 30 <sup>th</sup>	The DRC will be open from 10am-2pm where you will	For more info contact the
December	welcomed with a hot drink, mince pie and the opportunity	main office on:
10am – 2pm	to catch up with friends.	T   0400 1770 155
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel: 01324559480
Toronto 04 <sup>st</sup>	Alloa, FK10 1DT	Farmer 1: Constant 1: 11
Tuesday 31 <sup>st</sup>	The DRC will be open from 10am-2pm where you will	For more info contact the
December 10am – 2pm	welcomed with a hot drink, mince pie and the opportunity to catch up with friends.	main office on:
Toaiii – Zpiii	to catch up with menus.	Tel: 01324559480
		161.0124222400

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

## 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 Dpriestley@alzscot.org Tel:07970784950
Around the kitchen table	First Monday of month – 2pm – 3.30pm	<b>Contact</b> Cherie Raby, Dementia Advisor on Email:
Carers Evening	First Wednesday of the month – 7pm -8pm	craby@alzscot.org Tel: 07786406668

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

