

What's on



November 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 4th November	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 or 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 – Outdoor/Indoor games – Curling, Golf, Darts etc	
	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 5th November	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: Dpriestley@alzscot.org or Tel: 07970784950
10.30am-12pm		
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Tues 5th November	Activity Group- Fun & therapeutic activities for people living with dementia and carers.	For more info contact: Dpriestley@alzscot.org or Tel:07970784950
1.30am – 3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 6th November	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.	For more info contact: Craby@alzscot.org or Tel: 07786406668
10.30am-12pm	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. The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 7th November 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 7th November 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 8th November 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 11th November 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 – Remembrance Day Service & Activities 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 12th November 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

<p>Tues 12th November</p> <p>1.30pm-3pm</p>	<p>Activity Group- Fun & therapeutic activities for people living with dementia and carers.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Wed 13th November</p> <p>10.30am – 12pm</p>	<p>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.</p> <p>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.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>
<p>Thurs 14th November</p> <p>10.30am-12pm</p> <p>10.30am-12pm</p>	<p>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.</p> <p>Carers Cuppa- Welcoming & friendly safe space offers carers support.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p> <p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>
<p>Thurs 14th November</p> <p>1.30pm-3pm</p>	<p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Mon 18th November</p> <p>10.30am – 12pm</p> <p>12.pm – 1pm</p> <p>1.30pm – 3.30pm</p>	<p>Alloa Monday Café & Lunch Club – We are delighted to offer you a new six-week programme with a different theme each week.</p> <p>Drop In Café Lunch Break – bring your own lunch</p> <p>This weeks themed activities – Musical Memories</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Aboyd@alzscot.org or Tel: 07932120685</p>
<p>Tues 19th November</p> <p>10.30am-12pm</p>	<p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel: 07970784950</p>

<p>Tues 19th November</p> <p>1.30pm-3pm</p>	<p>Activity Group- Fun & therapeutic activities for people living with dementia and carers.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Wed 20th November</p> <p>10.30am – 12pm</p>	<p>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.</p> <p>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.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>
<p>Wed 20th November</p> <p>2pm – 3.30pm</p>	<p>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</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>
<p>Thurs 21st November</p> <p>10.30am-12pm</p> <p>10.30am-12pm</p>	<p>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.</p> <p>Carers Cuppa- Welcoming & friendly safe space offers carers support.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p> <p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>
<p>Thurs 21st November</p> <p>1.30pm-3pm</p>	<p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Friday 22nd November</p> <p>1030am – 12pm</p>	<p>Screen Memories – A group using Film and memorabilia.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>
<p>Friday 22nd November</p> <p>1pm-3pm</p>	<p>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.</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>

<p>Mon 25th November</p> <p>10.30am – 12pm 12.pm – 1pm 1.30pm – 3.30pm</p>	<p>Alloa Monday Café & Lunch Club – We are delighted to offer you a new six-week programme with a different theme each week.</p> <p>Drop In Café Lunch Break – bring your own lunch</p> <p>This weeks themed activities – St Andrews – Scottish Theme Day</p> <p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Aboyd@alzscot.org or Tel: 07932120685</p>
<p>Tues 26th November</p> <p>10.30am-12pm</p>	<p>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.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel: 07970784950</p>
<p>Tues 26th November</p> <p>1.30pm-3pm</p>	<p>Activity Group- Fun & therapeutic activities for people living with dementia and carers.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p>
<p>Wed 27th November</p> <p>12pm-2pm</p>	<p>Stirling/Clacks Lunch – 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.</p> <p>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.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact:</p> <p>Craby@alzscot.org or Tel: 07786406668</p>
<p>Thurs 28th November</p> <p>10.30am-12pm</p> <p>10.30am-12pm</p>	<p>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.</p> <p>Carers Cuppa- Welcoming & friendly safe space offers carers support.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dprietley@alzscot.org or Tel:07970784950</p> <p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>
<p>Friday 22nd November</p> <p>1030am – 12pm</p>	<p>Screen Memories – A group using Film and memorabilia.</p> <p>Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact:</p> <p>Dpaterson@alzscot.org or Tel: 07733302772</p>

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.

Carers Evening & Around the Kitchen Table.

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

Juke Box Days UK / USA & UK

Contact Denise Priestley, Community Activity Organiser on Email: Dprietley@alzscot.org Tel: 07970784950

Online Group		
Juke Box Days UK	Last Tuesday of the month	4pm -5pm
Juke Box Days USA & UK	Last Thursday of the month	11am – 12pm
Carers Evening	First Wednesday of the month	7pm-8pm
Around The Kitchen Table	First Monday of the month	2pm – 3.30pm

The logo for Alzheimer Scotland's 24-hour Dementia Helpline. It features a dark blue background with a red banner at the top left containing the text '24 HOUR'. Below this, the word 'Dementia' is written in white. To the right of 'Dementia' is a white icon of three stylized human figures. Further right, the text 'Alzheimer Scotland' is written in white, with 'Action on Dementia' in a smaller font below it. The word 'Helpline' is written in large, white, sans-serif font across the middle. At the bottom, a red banner contains the contact information: 'Freephone 0808 808 3000' and 'Email helpline@alzscot.org' in white text.