

What's on



December 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		
Monday 2 nd December	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL 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.	10am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL 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.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Tuesday 3 rd December	Dominoes Tournament Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Our Dominoes Tournament carries physical and cognitive benefits while enjoying the game, dominoes can help improve hand to eye coordination, fine motor skills and mental agility.	2pm – 3.30pm NCollins@alzscot.org 07767 647062

	<p>Your Brain Health – Drop-in Session 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. 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.</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Wednesday 4 th December	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <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>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Thursday 5 th December	<p>Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.</p> <p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am – 1pm</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Friday 6 th December	<p>Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A session of indoor bowling.</p> <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>CENTRE CLOSED FROM 1PM</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>10.30am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Monday 9 th December	<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>10.30am-12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p>

	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Tuesday 10 th December	<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>This session will incorporate Seasonal & Holiday themes and will run activities that centre around those themes. We will also be inviting entertainers, guest speakers and take in local trips to experience first-hand what our beautiful & very scenic part of Scotland and its rural life has to offer.</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm– 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 11 th December	<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>10.30am – 12.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Thursday 12 th December	<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>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Friday 13 th December	<p>CENTRE CLOSED FROM 11.30AM</p>	
Monday 16 th December	<p>Movie Memories Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>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.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>

	<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>
Tuesday 17 th December	<p>Sing With Us Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>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.</p> <p>1-1 Brain Health Appointment Slots 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>
Wednesday 18 th December	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Thursday 19 th December	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Therapeutic Thursday Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Therapeutic Thursday 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. For this session local college students will be painting attendees’ nails.</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Friday 20 th December	<p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Let’s Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A session of indoor bowling.</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Monday 23 rd December	<p>Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am – 12 noon</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>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 24 th December	<p>1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>CENTRE CLOSED FROM 1PM</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 25 th December	CENTRE CLOSED	
Thursday 26 th December	CENTRE CLOSED	
Friday 27 th December	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</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>10.30am – 12.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Monday 30 th December	<p>Winter Warmers Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>1-1 Brain Health Appointment Slots 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>
Tuesday 31 st December	<p>Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>CENTRE CLOSED FROM 1PM</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Wednesday 1 st January	CENTRE CLOSED	

Thursday 2 nd January	CENTRE CLOSED	
Friday 3 rd January	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm 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	NO ONLINE GROUP THIS MONTH
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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


**Alzheimer
Scotland**
Action on Dementia

Dementia Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org