

What's On

January 2025 - 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 drop in opportunities or bookable appointments throughout the month.	<p>Improve your brain health-New year new you!</p> <p>Never too early, never too late!</p> <p>Drop in to the centre and have an informal conversation about your brain health, explore potential dementia risk factors. Start thinking about making small changes to your lifestyle which may improve your brains wellbeing. Come on in and take our quiz or start your personalised action plan which will highlight key areas of improvement over a cuppa and a chat with one of our team.</p>	<p>"NEW"</p> <p>Drop in for quiz is available everyday</p> <p>"NEW"</p> <p>1-1 Brain health personalised action plan bookable slots by appointment contact to arrange</p>
Monday 6th Jan	<p>Reminiscence Group- Memories of the past & present</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday</p> <p>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!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am - 12noon</p> <p>2pm - 3.30 pm</p>

<p>Tuesday 7th Jan</p>	<p>Strength and Balance with Andrew Come along to the centre to work and engage with some light exercise from games to chair based exercise. This activity is held on the ground level, therefore suitable for all. Perth Brain Health and Dementia Resource Centre</p> <p>Community Café Drop in with PK vision Come along and meet the team from PK Vision! This is a great opportunity to find out our new partnership and the services we will be delivering together in 2025. They will be on hand to discuss how to live well with sight or hearing loss over a lovely cuppa at this drop-in session. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon “NEW”</p> <p>2pm – 3.30pm “NEW”</p>
<p>Wednesday 8th Jan</p>	<p>Carers Support Group (unpaid carers supporting someone with memory loss) Come along and meet other carers from the community, see how you can all support each other in a safe space. Cared for welcome and can take part in other activities. Perth Brain Health and Dementia Resource Centre</p> <p>Music Makers – Join our band! If you love to play a musical instrument or would like to learn, come along to the centre and be part of our band. We have various instruments for you to use including drums, keyboard, guitars, ukuleles and percussion. You are more than welcome to bring your own instrument, should you wish. 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 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– 12.00 noon “NEW”</p> <p>10.30am – 12noon “NEW”</p> <p>2.00pm – 3.30pm</p> <p>2.00pm –3.30pm</p>

Thursday 9th
Jan

Community Café Drop in – The kettle is on!

Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.

Perth Brain Health & Dementia Resource Centre

10.30 am –
12noon
“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

10:30 am – 3 pm
“NEW”

Social Circle

(An opportunity for unpaid carer short break)

This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending.

Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting.

BOOKING ESSENTIAL due to limited spaces.

Perth Brain Health & Dementia Resource Centre

1.00pm – 3.30pm
“NEW”

Friday 10th Nov

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

10.30am – 12noon

Jigsaw group

Come along to the centre and take a pick of a lots of different types of jigsaws from dementia friendly jigsaws and some that even go up to 500 pieces. We can build them together as a group with a cuppa or you are more them welcome to take one/swap one to do at home.

1:30pm – 3pm
“NEW”

Information drop in – Home Energy Scotland

Get Ready for winter with Home Energy Scotland and various other services. 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

10.30am –
3.30pm

<p>Monday 13th Jan</p>	<p>Reminiscence Group- Memories of the past & present</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday</p> <p>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!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>2pm – 3.30pm</p>
<p>Tuesday 14th Jan</p>	<p>Strength And Balance with Andrew</p> <p>Come along to the centre to work and engage with some light exercise from games to chair exercise. This activity is held on the ground level, therefore suitable for all.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Yoga class with yoga instructor Lee-anne</p> <p>An accessible & inclusive Yoga class offering you a practice to help you breathe better, move better & feel better. We welcome all-abilities to come and find space to connect with the body, breath & mind through gentle movement, breathing practices and time to relax & unwind. Lee-Anne is a 500hr Yoga teacher offering accessible & trauma informed practices for people of all abilities & backgrounds. As a student of Yoga & Mindfulness for over 25 years, she brings a wealth of knowledge to the community and believes that if you can breathe then you can do Yoga.</p> <p>This session will be held upstairs, please ensure you are physically able to manage these (if you are unsure please give us a call or email)</p> <p>Community Café Drop in</p> <p>Keep safe scheme with Police Scotland.</p> <p>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>10.30 – 12noon "NEW"</p> <p>1:30 – 2:30 pm "NEW"</p> <p>2pm– 3.30 pm "NEW"</p>

Wednesday 15 th Jan	<p>Young Onset group</p> <p>Come down to the centre and enjoy meeting others over a lovely refreshment and take part in an activity if you wish. Family and friends are welcome.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	10.30-12.00pm
	<p>Young Onset carers group</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	10.30- 12.00pm
	<p>Craft Group</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	2.00pm – 3.30pm
Wednesday 15 th Jan	<p>Photography group</p> <p>Bring along your favourite photos new or old to share over a cuppa, these can be either 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!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	2.00 –3.30pm
	<p>Community Café Drop in – The kettle is on!</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	10.30am – 12noon “NEW”
Thursday 16 th Jan	<p>Bookable Appointments – Brain Health Plans</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	10.30am – 3pm “NEW”
	<p>Social Circle (An opportunity for unpaid carer short break)</p> <p>This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending.</p>	1.00pm – 3.30pm “NEW”

	<p>Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting.</p> <p>BOOKING ESSENTIAL due to limited spaces.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	
Friday 17 th Jan	<p>Dementia Friendly Café</p> <p>Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Jigsaw group</p> <p>Come along to the centre and take a pick of a lots of different types of jigsaws from dementia friendly jigsaws and some that even go up to 500 pieces. We can build them together as a group with a cuppa or you are more them welcome to take one home to do there.</p>	<p>10.30am – 12noon</p> <p>1:30pm – 3pm “NEW”</p>
Monday 20 th Jan	<p>Reminiscence Group– Memories of the past & present</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday</p> <p>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!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am – 12 noon</p> <p>2.00pm – 3.30pm</p>
Tuesday 21 st Jan	<p>Strength And Balance with Andrew</p> <p>Come along to the centre to work and engage with some light exercise from games to chair exercise. This activity is held on the ground level, therefore suitable for all.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Yoga class with yoga instructor Lee-anne</p> <p>An accessible & inclusive Yoga class offering you a practice to help you breathe better, move better & feel better. We welcome all-abilities to come and find space to connect with the body, breath & mind through gentle movement, breathing practices and time to relax & unwind</p>	<p>10:30 – 12 noon “NEW”</p> <p>1:30– 2:30pm “NEW”</p>

Lee-Anne is a 500hr Yoga teacher offering accessible & trauma informed practices for people of all abilities & backgrounds. As a student of Yoga & Mindfulness for over 25 years, she brings a wealth of knowledge to the community and believes that if you can breathe then you can do Yoga

This session will be held upstairs, please ensure you are physically able to manage these (if you are unsure please give us a call or email)

Community Café Drop in – The kettle is on!

Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.

Perth Brain Health & Dementia Resource Centre

2:00pm – 3.30pm
“NEW”

Wednesday
22nd Jan

Carers Support Group

(unpaid carers supporting someone with memory loss)

Come along and meet other carers from the community, see how you can all support each other in a safe space. Cared for welcome and can take part in other activities.

Perth Brain Health and Dementia Resource Centre

10.30-12.00 pm
“NEW”

Wednesday
22nd Jan

Music Makers – Join our band!

If you love to play a musical instrument or would like to learn, come along to the centre and be part of our band. We have various instruments for you to use including drums, keyboard, guitars, ukuleles and percussion. You are more than welcome to bring your own instrument, should you wish.

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 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

Thursday 23rd
Jan

Community Café Drop in – The kettle is on!

Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.

Perth Brain Health & Dementia Resource Centre

10.30am – 12noon
“NEW”

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 only

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

(An opportunity for unpaid carer short break)

This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending.

Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting.

BOOKING ESSENTIAL due to limited spaces.

Perth Brain Health & Dementia Resource Centre

1.00pm – 3.30pm
“NEW”

Friday 24th Jan

Dementia Friendly Café

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

10.30 – 12 noon

Jigsaw group

Come along to the centre and take a pick of a lots of different types of jigsaws from dementia friendly jigsaws and some that even go up to 500 pieces. We can build them together as a group with a cuppa or you are more them welcome to take one/swap one to do at home.

Perth Brain Health & Dementia Resource Centre

1:30pm– 3pm
“NEW”

<p>Monday 27th Jan</p>	<p>Reminiscence Group- Memories of the past & present</p> <p>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.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Musical Monday</p> <p>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!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am – 12 noon</p> <p>2.00 pm – 3.30 pm</p>
<p>Tuesday 28th Jan</p>	<p>Strength And Balance with Andrew</p> <p>Come along to the centre to work and engage with some light exercise from games to chair exercise. This activity is held on the ground level, therefore suitable for all.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Yoga class with yoga instructor Leanne</p> <p>An accessible & inclusive Yoga class offering you a practice to help you breathe better, move better & feel better. We welcome all-abilities to come and find space to connect with the body, breath & mind through gentle movement, breathing practices and time to relax & unwind. Lee-Anne is a 500hr Yoga teacher offering accessible & trauma informed practices for people of all abilities & backgrounds. As a student of Yoga & Mindfulness for over 25 years, she brings a wealth of knowledge to the community and believes that if you can breathe then you can do Yoga.</p> <p>This session will be held upstairs, please ensure you are physically able to manage these (if you are unsure please give us a call or email)</p> <p>Community Café Drop in – The kettle is on!</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am -12 noon "NEW"</p> <p>1:30- 2:30 "NEW"</p> <p>2.00 pm – 3.30pm</p>
<p>Wednesday 29th Jan</p>	<p>Young Onset group – Peer support</p> <p>Come down to the centre and enjoy meeting others over a lovely refreshment and take part in an activity if you wish. Family and friends are welcome.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>10.30 am – 12 noon "NEW"</p> <p>1</p>

<p>Wednesday 29th Jan</p>	<p>Young Onset carers group – Peer support Come down to the centre to meet other carers over a cuppa and a chat. 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 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 noon</p> <p>2.00pm – 3.30pm</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 30th Jan</p>	<p>Community Café Drop In – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</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>Social Circle (An opportunity for unpaid carer short break) This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending. Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting. BOOKING ESSENTIAL due to limited spaces. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12.00pm “NEW”</p> <p>10.30am – 3pm “NEW”</p> <p>1.00pm – 3.30pm “NEW”</p>

Friday 31st
Jan

Dementia Friendly Café

10.30am – 12noon

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

Jigsaw group

1:30 pm – 3:30pm
“NEW”

Come along to the centre and take a pick of a lots of different types of jigsaws from dementia friendly jigsaws and some that even go up to 500 pieces. We can build them together as a group with a cuppa or you are more them welcome to take one/swap one to do at home.

Perth Brain Health & Dementia Resource Centre

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.

Find out more online at –

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

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.

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>

