

What's on

January 2025 - 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		
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 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.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Monday 6 th January	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

	<p>Cromarty Crafters Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>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.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
Tuesday 7 th January	<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>Dominoes Tournament Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>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.</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 8 th January	<p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Cromarty Café Drop-In 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 – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Thursday 9 th January	<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>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>

<p>Friday 10th January</p>	<p>Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.</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>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Monday 13th January</p>	<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>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>
<p>Tuesday 14th January</p>	<p>Cromarty Café Drop-In 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 – 11.30am</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>2pm– 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Wednesday 15th January</p>	<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>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>

Thursday 16 th January	The Memory Box Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788
Friday 17 th January	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A session of indoor bowling.	10.30am – 12 noon NCollins@alzscot.org 07767 647062
Monday 20 th January	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12noon KMcWhirter@alzscot.org 07464 901788
	Winter Warmers Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Tuesday 21 st January	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12noon KMcWhirter@alzscot.org 07464 901788
Wednesday 22 nd January	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12noon KMcWhirter@alzscot.org 07464 901788
	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm KMcWhirter@alzscot.org 07464 901788
Thursday 23 rd January	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788

Friday 24 th January	Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Monday 27 th January	Cromarty Café Drop-In Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	Mum, Me, Dad & Dementia Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A support group for individuals caring for a parent who is living with dementia.	2pm-3.30pm KMcWhirter@alzscot.org 07464 901788
Tuesday 28 th January	Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL For this session MSK Nurses will be attending to give an information talk about their service and the importance of keeping active.	10.30am – 12 noon KMcWhirter@alzscot.org 07464 901788
	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Wednesday 29 th January	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm KMcWhirter@alzscot.org 07464 901788
Thursday 30 th January	Your Brain Health – Drop-in Session Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12.30pm KMcWhirter@alzscot.org 07464 901788
	Food For Thought Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10.30am – 1pm NCollins@alzscot.org 07767 647062
Friday 31 st January	1-1 Brain Health Appointment Slots Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12 noon KMcWhirter@alzscot.org 07464 901788

Friday 31 st January	Let's Get Active Class Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon NCollins@alzscot.org 07767 647062
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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
Dementia  **Alzheimer Scotland**
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org