

What's on

January 2025 - Angus



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 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.

We are also here for you with a warm drink and company, feel free to pop in. 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.

Arbroath Groups		
Wednesday 1 st January	CLOSED	
Thursday 2 nd January	CLOSED	
Tuesday 7 th January	Football Memories Arbroath Football Club, Gayfield	2pm – 3.30pm
Wednesday 8 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 8 th January	Men's Carers Café Arbroath Dementia Resource Centre	2pm-3.30pm
Thursday 9 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 14 th January	Arts and Crafts Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 15 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 16 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 21 st January	Music and Movement Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 22 nd January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 23 rd January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 28 th January	Carers Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 29 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 30 th January	Dementia Café Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 30 th January	Arbroath Boogie Royal British Legion	2pm – 4pm

Angus Groups		
Wednesday 15 th January	Brechin Dementia Café Glebe Park, Brechin	2pm - 3.30pm
Thursday 16 th January	Montrose Dementia Café Philos Hub, Castle Street, Montrose.	2pm - 3.30pm
Friday 17 th January	Birkhill Dementia Café Millennium Hall, Birkhill	2pm - 3.30pm
Monday 27 th January	Supporting Forfar Singing Café Trinity Church, (Formerly East & Old) Forfar	2pm - 3.30pm

Please note, there are no Monifieth or Carnoustie Café's in January.

Contact details for groups:

Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Angus Dementia Resource Centre – 01241 431770

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/>



The logo for Alzheimer Scotland's 24-hour Dementia Helpline. It features a dark blue background with a red banner at the top left that says "24 HOUR". To the right is the Alzheimer Scotland logo, which includes a stylized icon of three people and the text "Alzheimer Scotland Action on Dementia". Below this, the word "Dementia" is written in white, and "Helpline" is written in a large, bold, white font. At the bottom, a red banner contains the text "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white.