

What's On



**Alzheimer
Scotland**
Action on Dementia

February 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-up 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		
Monday 3rd Feb	Musical Monday 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! Perth Brain Health & Dementia Resource Centre	2.00pm – 3.30pm
Tuesday 4 th Feb	Strength And Balance Come along to the centre and work and engage with some light exercise from Games to chair exercise. Perth Brain Health and Dementia Resource Centre	10.30am – 12noon
	Bring in Your Lunch Club We provide teas and coffees and a smiley face. Why not come along to the centre with your lunch and have a chat with others over lunch time.	12.30pm – 1.30pm “NEW”
	Yoga Class An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind. Lee-Anne is a 500hr yoga teacher offering accessible and trauma informed practices for people off all abilities and backgrounds. As a student of yoga and mindfulness for over 25 years. She brings a wealth of knowledge to the community and believes that if you can breathe than	1.30pm – 2.30pm “NEW”

<p>Tuesday 4th Feb</p>	<p>you can yoga. This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email. Perth Brain Health & Dementia Resource Centre</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. Perth Brain Health & Dementia Resource Centre</p>	<p>2.00pm – 3.30pm</p>
<p>Wednesday 5th Feb</p>	<p>Carers Support Group Come along and meet other carers from the community, see how you can all support each other in a safe space. Cared for may attend the Games/Quiz morning should you wish. Perth Brain Health & Dementia Resource Centre</p> <p>Music Makers If you love to play a musical instrument or want to learn, come along to the centre and be part of the Band. We have lots of different instruments that you can get hands on with, from drums to keyboard, guitars and ukuleles. You are more than welcome to take in your own as well. Let make some music together. 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 be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the Centre. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am– 12noon</p> <p>10.30am – 12noon “NEW”</p> <p>2.30pm – 3.30pm</p> <p>2.00pm – 3.30pm</p>
<p>Thursday 6th Feb</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. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am – 12noon</p>

<p>Thursday 6th Feb</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 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>10:30 am – 3.00 pm</p> <p>1.00pm – 3.30pm</p>
<p>Friday 7th Feb</p>	<p>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</p> <p>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 than welcome to take one home to do there. Perth Brain Health & Dementia Resource Centre</p> <p>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</p>	<p>10.30am – 12noon</p> <p>1:30pm – 3.00pm “NEW”</p> <p>10.30am – 12.30pm</p>
<p>Monday 10th Feb</p>	<p>Musical Monday 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! Perth Brain Health & Dementia Resource Centre</p>	<p>2.00pm – 3.30pm</p>

Tuesday 11th Feb	<p>Strength And Balance</p> <p>Come along to the centre and work and engage with some light exercise from Games to chair exercise. Perth Brain Health and Dementia Resource Centre</p> <p>Bring in Your Lunch Club</p> <p>We provide teas and coffees and a smiley face, why not come along to the centre with your lunch and have a chat with others over lunch time.</p>	<p>10.30 – 12.30pm</p> <p>12.30pm – 1.30 pm “NEW”</p>
Tuesday 11th Feb	<p>Yoga class</p> <p>An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p> <p>Lee-Anne is a 500hr yoga teacher offering accessible and trauma informed practices for people off all abilities and backgrounds. As a student of yoga and mindfulness for over 25 years. She brings a wealth of knowledge to the community and believes that if you can breathe than you can yoga.</p> <p>This session will be held upstairs, please ensure you are physically able to manage the stairs. 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. Perth Brain Health & Dementia Resource Centre</p>	<p>1.30pm– 2.30 pm “NEW”</p> <p>2.00pm – 3.30 pm</p>
Wednesday 12th Feb	<p>Young Onset group</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome. Perth Brain Health and Dementia Resource Centre</p> <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. Perth Brain Health and Dementia Resource Centre</p> <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. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12.00pm</p> <p>10.30am– 12.00pm</p> <p>2.00pm – 3.30pm</p>

Monday 17 th Feb	<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>	2.00pm – 3.30pm
Tuesday 18 th Feb	<p>Bring in Your Lunch Club</p> <p>We provide teas and coffees and a smile face. Come along to the centre and bring your own lunch and have a chat with others over lunch time.</p>	12.30pm – 1.30pm “NEW”
Tuesday 18 th Feb	<p>Yoga class</p> <p>An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p> <p>Lee-Anne is a 500hr yoga teacher offering accessible and trauma informed practices for people of all abilities and backgrounds. As a student of yoga and mindfulness for over 25 years. She brings a wealth of knowledge to the community and believes that if you can breathe then you can yoga.</p> <p>This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email.</p> <p>Brain Health & Dementia Resource Centre</p>	1.30pm – 3.30pm “NEW”
Wednesday 19 th Feb	<p>Carers Support Group</p> <p>Come along and meet other carers from the community, see how you can all support each other in a safe space. Carers may attend the Games/Quiz morning should you wish.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <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>	10.30am–12.00pm “NEW” 2.00pm – 3.30pm
Thursday 20 th Feb	<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

	<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>	<p>10.30am – 3.00 pm</p>
<p>Friday 21st Feb</p>	<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 than welcome to take one home to do there.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 – 12noon</p> <p>1:30pm– 3.00pm “NEW”</p>
<p>Monday 24th Feb</p>	<p>Musical Monday</p> <p>Hosted by Billy Tully Music</p> <p>This week, Billy will be providing you with musical entertainment.</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 – 12noon</p>
<p>Tuesday 25th Feb</p>	<p>Strength And Balance</p> <p>Come along to the centre and work and engage with some light exercise from Games to chair exercise.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Bring in Your Lunch Club</p> <p>We provide teas and coffees and a smile face. Come along to the centre and bring your own lunch and have a chat with others over lunch time.</p> <p>Yoga class</p> <p>An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p>	<p>10.30 am –12noon</p> <p>12.30pm – 1.30pm “NEW”</p> <p>1.30pm – 2.30pm “NEW”</p>

	<p>Lee-Anne is a 500hr yoga teacher offering accessible and trauma informed practices for people of all abilities and backgrounds. As a student of yoga and mindfulness for over 25 years. She brings a wealth of knowledge to the community and believes that if you can breathe than you can yoga.</p> <p>This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email.</p> <p>Brain Health & Dementia Resource Centre</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>2.00 pm – 3.30pm</p>
<p>Wednesday 26th Feb</p>	<p>Young Onset group – Peer support</p> <p>Come down to the centre to meet others and have a chat, a cuppa and laugh.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>10.30 am – 12 noon</p>
	<p>Young Onset carers group – Peer support</p> <p>Come down to the centre to meet others and have a chat, a cuppa and laugh.</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>10.30–12 noon</p>
	<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>	<p>2.00pm – 3.30pm</p>
<p>Wednesday 26th Feb</p>	<p>Photography group</p> <p>Bring along your favourite photos new or old to share over a cuppa, these can be either be old, 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>	<p>2.00pm – 3.30pm</p>
<p>Thursday 27th Feb</p>	<p>Community Café Drop In</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>10.30am – 12.00pm</p>

	<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> <p>Social Circle</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> <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>	<p>10.30am – 3.00pm</p> <p>1.00pm – 3.30pm “NEW”</p>
<p>Friday 28th Feb</p>	<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 than welcome to take one home to do there.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>1:30 pm – 3:30pm “NEW”</p>

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	
<p>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.</p> <p>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.</p>	<p>Find out more online at –</p> <p>https://www.alzscot.org/virtual-resource-centre-0</p>

Contact details for groups held within the Perth Brain Health DRC: –

Hazel Marshall: Email: HMarshall@alzscot.org Tel: 07795 127015

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>

