

What's on

January 2025 - Dundee



Our Community Groups are open to anyone living with dementia or experiencing difficulties with their memory, their families, friends and supporters. **All are welcome** – people can attend independently, and those unable to do so should come with a companion who can provide any necessary support for them. If there is no specified ticket price, we ask for a small donation at the activity to cover the costs of running the activity.

We are unfortunately unable to provide transport to these groups and therefore it is your responsibility to get to and from activities safely. Please speak to us, so we can support you to explore the most suitable transport options for you.

We would be grateful if you could let us know in advance if you intend to attend any groups. This means that we can update you if there are any changes or last-minute cancellations due to staff illness / weather.

Please aim to arrive no more than 15 minutes before the advertised start time, to ensure that there is someone on site to let you in.

If you have questions about any of the groups or activities, or have an idea for a new group, please contact:

Dundee Dementia Resource Centre
01382 210200

Jeni Sinclair – Dementia Advisor
Email: Jenisinclair@Alzscot.org Tel: 07917 241024

All Groups (in-person and digital)		
Tues 7 Jan	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Wed 8 Jan	Music and Memories Music and reminiscence Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	11.00am – 12.15pm
Wed 8 Jan*	Football Memories – Dundee FC <i>Football & social reminiscence</i> Gardyne Campus (Lower level – DFC club entrance) Dundee & Angus College Please do not arrive before 2.15pm to avoid crowding in the foyer *PLEASE NOTE THIS IS A WEEK LATER THAN NORMAL	2.30pm – 4.00pm
Thurs 9 Jan	Elevenes @ DRC <i>Meet new people and chat. Refreshments included</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	11am – 12pm
Thurs 9 Jan	Down Memory Lane <i>Activities and reminiscence around Dundee history</i> Central Library, Wellgate Centre, DD1 1DB. Meet in the Reading area, (Leisure Reading Section). Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.	2.00pm – 3.30pm

Mon 13 Jan	Carer Coffee & Catch Up <i>Opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	10.30am – 12.00pm (drop-in)
Mon 13 Jan	Carers' Education (*carers only) Session 1 – Understanding Dementia at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE Contact Jeni Sinclair (07917 241024) for more information and to book your place	2.00pm – 3.30pm
Tues 14 Jan	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Wed 15 Jan	Football Memories – Dundee Utd FC <i>Football & social reminiscence</i> Hegarty Suite, Tannadice Park, Dundee. (PS/KM)	2.00pm – 3.30pm
Mon 20 Jan	Carers Education (*carers only) Session 2 – Communication, Traits and Dementia at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE Contact Jeni Sinclair (07917 241024) for more information and to book your place	2.00pm – 3.30pm
Mon 20 Jan	Carers' Evening (ONLINE via Teams) <i>An opportunity for carers to come together to chat, seek information and gain peer support.</i> Please contact Jeni for details – 07917 241024 / JeniSinclair@alzscot.org	6.15pm – 7.15pm
Tues 21 Jan	Move it or Lose it with RVS <i>Gentle seated exercises, activities & refreshments</i> *Please note places have to be pre-booked – contact 07917 241024 Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.30pm
Tues 21 Jan	D'Café at V&A Dundee <i>Meet friends and access peer support and info in the lovely environment of the V&A, Dundee.</i> V&A Dundee, Esplanade, Dundee **Blue Badge holders can park in the streets around Slessor Gardens	2.00pm – 3.30pm
Wed 22 Jan	Music and Memories Music and reminiscence Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	11.00am – 12.15pm
Wed 22 Jan	Broughty Ferry Walking Group <i>Join us for a gentle walk along the waterfront, before heading up to Broty Ferry library to enjoy refreshments. This walk is for all abilities, but please</i>	1.30pm – 3.00pm

	<p><i>make sure you are dressed for the weather and feeling fit enough to walk. Please let us know if you plan to attend (01382 210200).</i></p> <p>Meet at Castle Approach, Broty Ferry, DD5 2TF (next to Castle car park)</p>	
Thurs 23 Jan	<p>Elevenes @ DRC</p> <p><i>Meet new people and chat. Refreshments included</i></p> <p>Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	11.00am – 12pm
Thurs 23 Jan	<p>Down Memory Lane</p> <p><i>Activities and reminiscence around Dundee history</i></p> <p>At Central Library, Wellgate Centre, DD1 1DB. Meet in the Reading area, (Leisure Reading Section). <i>Step-free access to the library from main entrance (Victoria Road), and from Level 4 of the Wellgate carpark. (JB)</i></p>	2.00pm – 3.30pm
Mon 27 Jan	<p>Carer Coffee & Catch Up</p> <p><i>Opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i></p> <p>Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	10.30am – 12.00pm (drop-in)
Mon 27 Jan	<p>Dementia, Learning & Disability Support Service</p> <p>at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p> <p>This session is for those with a Learning Disability and Dementia.</p> <p>Support/advice/info available</p> <p>Carers & supporters welcome</p> <p>In partnership with NHS Tayside, HSCP & Alzheimer Scotland</p> <p>Please contact Jeni for details – 07917 241024 / JeniSinclair@alzscot.org</p>	2.00pm – 4.00pm
Tues 28 Jan	<p>Move it or Lose it with RVS</p> <p><i>Gentle seated exercises, activities & refreshments</i></p> <p>*Please note places have to be pre-booked – contact 07917 241024</p> <p>Alzheimer Scotland Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p>	10.30am – 12.30pm
Tues 28 Jan	<p>D'café at St Aidan's</p> <p><i>Peer support, information and chat</i></p> <p>St Aidan's Halls, Brook Street, Broty Ferry, DD5 2EY</p>	2.00pm – 3.30pm
Thurs 30 Jan	<p>Allotment (Kinnaird Allotments)</p> <p><i>Enjoy fresh air, company, and the view across the Tay from our allotment on the Law Hill.</i></p> <p>NB: this activity is not suitable for wheelchair users due to access issues. Attendees must be able to walk independently for a short distance. There is no toilet access in the allotment, the closest public toilet is further up Law Road (parking available).</p> <p>Please let us know if you plan to attend (01382 210200).</p> <p>Kinnaird Allotments, Law Hill (enter from Law Rd).</p>	1.00pm – 3.00pm

Fri 31 Jan	BOOGIE <i>An afternoon of music, dance & fun</i> LOCHEE BOWLING CLUB, Ancrum Road, Dundee Doors open 1.15pm *Please call 07917 241024 to book your place Tickets £3.50 per person	1.30pm – 3.30pm
------------	---	-----------------

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>

