

What's on



March 2025 - Oban

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, 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.

In person group		
Wed 5 Mar	Community Café Drop in – The kettle is on! Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	Drop in between 2pm – 4pm
Wed 12 Mar	Community Café Drop in – The kettle is on! Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	Drop in between 2pm – 4pm
Wed 19 Mar	Community Café Drop in – The kettle is on! Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	Drop in between 2pm – 4pm
Thurs 20 Mar	Tea & a Tune Dementia Resource Centre, 12 High Street, Oban, PA34 4BG Join for fun, songs, and a bit of nostalgia with the talented singer and guitarist, Lora Macleod.	11.30am – 1pm
		1.30pm–3pm
	Mull Musical Minds	

	Mull and Iona Community Trust, An Roth Craignure, Isle of Mull, PA65 6AY This activity group offers fun warm-up exercises, songs (both old and new), action songs, and rounds, all with a humorous twist. No singing ability is required—just come for a relaxing, enjoyable, and stimulating time.	
Fri 28 Mar	Memory Lunch The Royal Hotel, Argyll Square, Oban, PA34 4BE Join us for an informal lunch at the Royal Hotel in Oban, offering soup, sandwiches, tea, and coffee. This event is for anyone affected by dementia. £6pp	12.30pm – 2pm

Contact details for groups:

Dementia Advisor:

Abbie Mackenzie

Email: AMackenzie@alzscot.org Tel: 07787 413789

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>

