What's on



March 25 - Stirling & (lacks

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 do not 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.

If you have any 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		
Mon 3 rd March	Alloa Monday Café & Lunch Club – Start the week catching up over a cuppa, lunch and an afternoon of activities with old	For more info contact:
	friends and new.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm 12pm – 1pm	Drop In Café Lunch Break – bring your own lunch	
1.30pm – 3.30pm	Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note these sessions are for both the person living with dementia	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 4 th March	Drop in Café an opportunity to meet others in a similar situation, to make connections and develop friendships and	For more info contact:
10.30am-12pm	to support and learn from one another. Information & advice	<u>Dpriestley@alzscot.org</u> or
	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
- ath a a	Alloa, FK10 1DT	
Tues 4 th March	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	For more info contact:
1.30am – 3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
	Alloa, FK10 1DT	
Wed 5 th March	Stirling/Clacks Cafe – For people with dementia or memory loss and their carers. Join us for a fun filled morning,	For more info contact:
10.30am-12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
10.50um 12pm	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	

	available on the first and third Wednesday of the month. Last	
	Wednesday of the month is a lunch group at 12-2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 6 th March	Brain Gym- Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports	<u>Dpriestley@alzscot.org</u> or
	self-management for people living with dementia.	Tel:07970784950
10 20 12	Booking required & taster session offered.	
10.30am-12pm	Carers Cuppa - Welcoming & friendly safe space offers carers support.	For more info contact:
	συρμοτί.	Tor more imo contact.
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 6 th March	Thursday Social Group – a social group offering a relaxed &	For more info contact:
	welcoming space to meet with peers & trained staff.	
1.30pm-3pm	Each monthly programme of activities is based on agreed	Dpriestley@alzscot.org or
	group interests to allow you to plan for the month ahead.	Tel:07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 10 th March	Alloa Monday Café & Lunch Club – Start the week catching	Cancelled
	up over a cuppa, lunch and an afternoon of activities with old	
	friends and new.	
10.30am – 12pm	Drop In Café	
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm - 3.30pm	Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note these sessions are for both the person living with dementia	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 11 th March	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
10.30am-12pm	is always available from our trained staff.	Tel: 07970784950
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
al.	Alloa, FK10 1DT	
Tues 11 th March	Activity Group- Fun & therapeutic activities for people living	For more info contact:
1.30pm-3pm	with dementia and carers.	Dpriestley@alzscot.org or
1.30pm-3pm	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
	Alloa, FK10 1DT	
Wed 12 th March	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
	loss and their carers. Join us for a fun filled morning,	
10.30am – 12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be	

	available on the first and third Wednesday of the month. Last	
	Wednesday of the month is a lunch group at 12-2pm.	
	The Birds and the Born Forter Courter Bd Civiling FKO FBB	
The sea of the sea of the	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	Encount to Committee to
Thurs 13 th March	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
10.30am-12pm	Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
10.30am-12pm	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
. Al.	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 13 th March	Thursday Social Group - a social group offering a relaxed &	For more info contact:
1.30pm-3pm	welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed	Dariostlov@alzscot org or
1.50pm-5pm	group interests to allow you to plan for the month ahead.	<u>Dpriestley@alzscot.org</u> or Tel:07970784950
	group interests to allow you to plan for the month unead.	101.07370704330
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Friday 14th March	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
	similar situation, to make connections and develop	
1pm – 3pm	friendships and to support and learn from one another.	Dpriestley@alzscot.org or
	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained staff.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 17 th March	Alloa Monday Café & Lunch Club – Start the week catching	For more info contact:
	up over a cuppa, lunch and an afternoon of activities with old	
	friends and new.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm	Drop In Café	161: 07932120085
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm – 3.30pm	Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	these sessions are for both the person living with dementia	
	and their carer.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 18 th March	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
	situation, to make connections and develop friendships and	
10.30am-12pm	to support and learn from one another. Information & advice	Dpriestley@alzscot.org or
	is always available from our trained staff.	Tel: 07970784950
	Proin Health & Domentic Posseures Control 2 4 Mill Street	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
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Tues 18 th March	Activity Group - Fun & therapeutic activities for people living with dementia and carers.	Cancelled
1.30pm-3pm		
	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
Wed 19 th March	Stirling/Clacks Cafe – For people with dementia or memory	For more info contact:
	loss and their carers. Join us for a fun filled morning,	
10.30am – 12pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other	
	people in their area. A member of Alzheimer staff will be available on the first and third Wednesday of the month. last	
	Wednesday of the month is a lunch group at 12-2pm.	
	wednesday of the month is a functing roup at 12 2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Wed 19 th March	Espresso Yourself Café - For people with dementia or	For more info contact:
	memory loss aged 65 years and under and their family or	
2pm – 3.30pm	carers. Join us for a fun and relaxing afternoon, socialising	Craby@alzscot.org or
	and catching up over a warm cuppa! Advice and support is also available if you want a chat	Tel: 07786406668
	also available if you want a chat	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Thurs 20 th March	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports	Dpriestley@alzscot.org or
	self-management for people living with dementia. Booking required & taster session offered.	Tel:07970784950
	booking required & taster session offered.	
10.30am-12pm	Carers Cuppa- Welcoming & friendly safe space offers carers	For more info contact:
	support.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	<u>Dpaterson@alzscot.org</u>
the	Alloa, FK10 1DT	or Tel: 07733302772
Thurs 20 th March	Thursday Social Group - a social group offering a relaxed & welcoming space to meet with peers & trained staff.	For more info contact:
1.30pm-3pm	Each monthly programme of activities is based on agreed	Dpriestley@alzscot.org or
2130pm 5pm	group interests to allow you to plan for the month ahead.	Tel:07970784950
	, ,	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Mon 24 th March	Alloa Monday Café & Lunch Club – Start the week catching	For more info contact:
	up over a cuppa, lunch and an afternoon of activities with old friends and new.	Aboud@alaccot org or
	menus and new.	Aboyd@alzscot.org or Tel: 07932120685
10.30am – 12pm	Drop In Café	101.07332120003
12pm – 1pm	Lunch Break – bring your own lunch	
1.30pm – 3.30pm	Activities	
	You are welcome to attend all sessions or please feel free to	
	attend which session is more suitable to you. Please note	
	these sessions are for both the person living with dementia and their carer.	
	and their carer.	

	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
T OFth a secol	Alloa, FK10 1DT	Formula to Community of
Tues 25 th March	Drop in Café- - an opportunity to meet others in a similar	For more info contact:
10.30am-12pm	situation, to make connections and develop friendships and to support and learn from one another. Information & advice	Dariostlov@alzccot org or
10.50aiii-12piii	is always available from our trained staff.	<u>Dpriestley@alzscot.org</u> or Tel: 07970784950
	is always available from our trained stair.	161. 07570784550
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Tues 25 th March	Activity Group- Fun & therapeutic activities for people living	For more info contact:
	with dementia and carers.	
1.30pm-3pm		Dpriestley@alzscot.org or
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Tel:07970784950
	Alloa, FK10 1DT	
Wed 26 th March	Stirling/Clacks Lunch – For people with dementia or memory	For more info contact:
	loss and their carers. Join us for a fun filled morning,	
12pm-2pm	socialising and catching up over a warm cuppa.	Craby@alzscot.org or
	Our community cafes are a relaxed and informal setting for	Tel: 07786406668
	people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be	
	available on the first and third Wednesday of the month. last	
	Wednesday of the month is a lunch group at 12-2pm.	
	Wednesday of the month is a father group at 12 2pm.	
	The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB	
Thurs 27 th March	Brain Gym - Based on the principles of Cognitive Stimulation	For more info contact:
	Therapy which is an evidence-based programme supported by	
10.30am-12pm	NICE. This promotes wellbeing, maintains skills and supports	<u>Dpriestley@alzscot.org</u> or
	self-management for people living with dementia.	Tel:07970784950
	Booking required & taster session offered.	
10 20am 12nm	Carara Cunna Walcoming & friendly cafe chace offers carara	For more info contact:
10.30am-12pm	Carers Cuppa - Welcoming & friendly safe space offers carers support.	FOI IIIOTE IIIIO COIILACL.
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	Dpaterson@alzscot.org
	Alloa, FK10 1DT	or Tel: 07733302772
Friday 28th March	Café with Art & Craft – an opportunity to meet others in a	For more info contact:
·	similar situation, to make connections and develop	
1pm – 3pm	friendships and to support and learn from one another.	Dpriestley@alzscot.org or
	Art and Craft corner available with materials supplied.	Tel:07970784950
	Information & advice is always available from our trained	
	staff.	
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	
	Alloa, FK10 1DT	
Friday 28 th March	Screen Memories – Reconnecting people with memories and	For more info contact:
Triday 20 Widien	their love for cinema through memorabilia and music.	Tor more imo contact.
1030am – 12pm	2.	Dpaterson@alzscot.org
	Brain Health & Dementia Resource Centre, 2-4- Mill Street,	or Tel: 07733302772
	Alloa, FK10 1DT	
Mon 31st March	Alloa Monday Café & Lunch Club – Start the week catching	For more info contact:
	up over a cuppa, lunch and an afternoon of activities with old	
	friends and new.	Aboyd@alzscot.org or
	2	Tel: 07932120685
10.30am – 12pm	Drop In Café	

12pm – 1pm	Lunch Break – bring your own lunch
1.30pm – 3.30pm	Activities
	You are welcome to attend all sessions or please feel free to attend which session is more suitable to you. Please note these sessions are for both the person living with dementia and their carer. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT

Please see our availability of online groups below:-

Online Group		
Juke Box Days USA & UK	Every Wednesday 3.30pm – 4.15pm	Contact mike@screenmemories.org.uk or Dpriestley@alzscot.org Tel:07970784950
Carers Evening	First Wednesday of the month – 7pm -8pm	Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

