

# What's on



## March 25 – Stirling & Clacks

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		
<b>Mon 3<sup>rd</sup> March</b>	<b>Alloa Monday Café &amp; Lunch Club</b> – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.	For more info contact: <a href="mailto:Aboyd@alzscot.org">Aboyd@alzscot.org</a> or Tel: 07932120685
<b>10.30am – 12pm</b> <b>12pm – 1pm</b> <b>1.30pm – 3.30pm</b>	Drop In Café Lunch Break – bring your own lunch 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	
<b>Tues 4<sup>th</sup> March</b>	<b>Drop in Café</b> - - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>10.30am-12pm</b>	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
<b>Tues 4<sup>th</sup> March</b>	<b>Activity Group</b> - Fun & therapeutic activities for people living with dementia and carers.	For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>1.30am – 3pm</b>	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
<b>Wed 5<sup>th</sup> March</b>	<b>Stirling/Clacks Cafe</b> – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of Alzheimer staff will be	For more info contact: <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> or Tel: 07786406668
<b>10.30am-12pm</b>		

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

	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	
<b>Thurs 13<sup>th</sup> March</b>  <b>10.30am-12pm</b>	<b>Brain Gym-</b> Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>10.30am-12pm</b>	<b>Carers Cuppa-</b> Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a> or Tel: 07733302772
<b>Thurs 13<sup>th</sup> March</b>  <b>1.30pm-3pm</b>	<b>Thursday Social Group</b> - a social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>Friday 14<sup>th</sup> March</b>  <b>1pm – 3pm</b>	<b>Café with Art &amp; Craft</b> – an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>Mon 17<sup>th</sup> March</b>  <b>10.30am – 12pm</b> <b>12pm – 1pm</b> <b>1.30pm – 3.30pm</b>	<b>Alloa Monday Café &amp; Lunch Club</b> – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.  Drop In Café Lunch Break – bring your own lunch 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	For more info contact:  <a href="mailto:Aboyd@alzscot.org">Aboyd@alzscot.org</a> or Tel: 07932120685
<b>Tues 18<sup>th</sup> March</b>  <b>10.30am-12pm</b>	<b>Drop in Café-</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950

<p><b>Tues 18<sup>th</sup> March</b> <b>1.30pm-3pm</b></p>	<p><b>Activity Group-</b> Fun &amp; therapeutic activities for people living with dementia and carers.</p> <p>Brain Health &amp; Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p><b>Cancelled</b></p>
<p><b>Wed 19<sup>th</sup> March</b> <b>10.30am – 12pm</b></p>	<p><b>Stirling/Clacks Cafe</b> – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for 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.</p> <p>The Birds and the Bees, Easter Cornton Rd, Stirling FK9 5PB</p>	<p>For more info contact: <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> or Tel: 07786406668</p>
<p><b>Wed 19<sup>th</sup> March</b> <b>2pm – 3.30pm</b></p>	<p><b>Espresso Yourself Café</b> - For people with dementia or memory loss aged 65 years and under and their family or carers. Join us for a fun and relaxing afternoon , socialising and catching up over a warm cuppa! Advice and support is also available if you want a chat</p> <p>Brain Health &amp; Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> or Tel: 07786406668</p>
<p><b>Thurs 20<sup>th</sup> March</b> <b>10.30am-12pm</b></p> <p><b>10.30am-12pm</b></p>	<p><b>Brain Gym-</b> Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required &amp; taster session offered.</p> <p><b>Carers Cuppa-</b> Welcoming &amp; friendly safe space offers carers support.</p> <p>Brain Health &amp; Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950</p> <p>For more info contact: <a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a> or Tel: 07733302772</p>
<p><b>Thurs 20<sup>th</sup> March</b> <b>1.30pm-3pm</b></p>	<p><b>Thursday Social Group</b> - a social group offering a relaxed &amp; welcoming space to meet with peers &amp; trained staff. Each monthly programme of activities is based on agreed group interests to allow you to plan for the month ahead.</p> <p>Brain Health &amp; Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>	<p>For more info contact: <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950</p>
<p><b>Mon 24<sup>th</sup> March</b> <b>10.30am – 12pm</b> <b>12pm – 1pm</b> <b>1.30pm – 3.30pm</b></p>	<p><b>Alloa Monday Café &amp; Lunch Club</b> – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.</p> <p>Drop In Café Lunch Break – bring your own lunch Activities</p> <p>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.</p>	<p>For more info contact: <a href="mailto:Aboyd@alzscot.org">Aboyd@alzscot.org</a> or Tel: 07932120685</p>

	Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	
<b>Tues 25<sup>th</sup> March</b> <b>10.30am-12pm</b>	<b>Drop in Café-</b> - an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Information & advice is always available from our trained staff.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel: 07970784950
<b>Tues 25<sup>th</sup> March</b> <b>1.30pm-3pm</b>	<b>Activity Group-</b> Fun & therapeutic activities for people living with dementia and carers.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>Wed 26<sup>th</sup> March</b> <b>12pm-2pm</b>	<b>Stirling/Clacks Lunch</b> – For people with dementia or memory loss and their carers. Join us for a fun filled morning, socialising and catching up over a warm cuppa. Our community cafes are a relaxed and informal setting for 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	For more info contact:  <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> or Tel: 07786406668
<b>Thurs 27<sup>th</sup> March</b> <b>10.30am-12pm</b>	<b>Brain Gym-</b> Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia. Booking required & taster session offered.	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>10.30am-12pm</b>	<b>Carers Cuppa-</b> Welcoming & friendly safe space offers carers support. Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a> or Tel: 07733302772
<b>Friday 28<sup>th</sup> March</b> <b>1pm – 3pm</b>	<b>Café with Art &amp; Craft</b> – an opportunity to meet others in a similar situation, to make connections and develop friendships and to support and learn from one another. Art and Craft corner available with materials supplied. Information & advice is always available from our trained staff.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> or Tel:07970784950
<b>Friday 28<sup>th</sup> March</b> <b>1030am – 12pm</b>	<b>Screen Memories</b> – Reconnecting people with memories and their love for cinema through memorabilia and music.  Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT	For more info contact:  <a href="mailto:Dpaterson@alzscot.org">Dpaterson@alzscot.org</a> or Tel: 07733302772
<b>Mon 31st March</b> <b>10.30am – 12pm</b>	<b>Alloa Monday Café &amp; Lunch Club</b> – Start the week catching up over a cuppa, lunch and an afternoon of activities with old friends and new.  Drop In Café	For more info contact:  <a href="mailto:Aboyd@alzscot.org">Aboyd@alzscot.org</a> or Tel: 07932120685

12pm – 1pm 1.30pm – 3.30pm	<p>Lunch Break – bring your own lunch Activities</p> <p>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.</p> <p>Brain Health &amp; Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT</p>
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Please see our availability of online groups below:-

Online Group		
<b>Juke Box Days USA &amp; UK</b>	Every Wednesday 3.30pm – 4.15pm	<p><b>Contact</b> <a href="mailto:mike@screenmemories.org.uk">mike@screenmemories.org.uk</a> or <a href="mailto:Dprietley@alzscot.org">Dprietley@alzscot.org</a> Tel:07970784950</p>
<b>Carers Evening</b>	First Wednesday of the month – 7pm -8pm	<p><b>Contact</b> Cherie Raby, Dementia Advisor on Email: <a href="mailto:craby@alzscot.org">craby@alzscot.org</a> Tel: 07786406668</p>

**24 HOUR**



**Alzheimer  
Scotland**  
Action on Dementia

**Dementia**

**Helpline**

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)