

# What's On

## March 2025



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.

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.

**\*Dumfries Resource Centre: 01387 261303**

In person group		
Monday 3 <sup>rd</sup> March	<p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-4.30pm</p> <p><a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646</p>
Tuesday 4 <sup>th</sup> March	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am-12pm</p> <p><a href="mailto:fbryant@alzscot.org">fbryant@alzscot.org</a> 07748 737278</p>
	<p><b>Singing Together With Special Guests</b></p> <p>Thornhill Community Centre, EASTBACK STREET, Thornhill, DG3 5LH.</p>	<p>1pm-3.30pm</p> <p><a href="mailto:fbryant@alzscot.org">fbryant@alzscot.org</a> 07748 737278</p>
	<p>Bring your voices good or bad to our activity group – <b>Singing Together</b>. A mix of music genres, with guest vocalists, local</p>	<p>10am-12 noon</p>

<p>Wednesday 5<sup>th</sup> March</p>	<p>musicians and sometimes just us singing along to familiar tunes that we all enjoy. We hope to see you there!</p> <p><b>Brydekirk Buddies</b> Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Come and join our new community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p><b>Sanquhar Dementia Café (formerly coffee and chat group)</b> A' the Airts Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>A friendly, supportive Dementia Advisor lead meeting for carers to socialise and share stories and enjoy a cuppa with others on a similar journey.</p> <p><b>Sanquhar Arts &amp; Souls A' the Airts</b>, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am-12pm</p> <p><a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p> <p>10.30am-12pm</p> <p><a href="mailto:lwheatley@alzscot.org">lwheatley@alzscot.org</a> 07780 006215</p> <p>10.30am-12.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Thursday 6<sup>th</sup> March</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p>	<p>10am -12.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>

	<p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>1pm-3.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Friday 7<sup>th</sup> March</p>	<p><b>Dalbeattie Better Together</b> Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p> <p>Come and join our community activity group, have fun and socialise with others in your area. We will be offering a variety of therapeutic activities that are inspired by participants and facilitated by our Community Activity Organiser. Everyone will have an opportunity to be involved, share talents and shape the content of what we hope will be enjoyable stimulating experiences.</p> <p><b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p>Come and join a community group where creative activity enables expression and achievement and generates stimulating conversation. Weekly sessions are sociable and enjoyable. Over time, we will explore a range of themes inspired by the talents and interests of participants and use a wide variety of visual media to express ideas. You don't need to be an artist to join us – just a curiosity and willingness to have a go. The sessions are inclusive and accessible – giving everyone an opportunity to make their mark on the world, share poetry and stories and break into song!</p>	<p>10am-12pm</p> <p><a href="mailto:pbarber@alzscot.org">pbarber@alzscot.org</a> 07880 790337</p> <p>10am -12pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Monday 10<sup>th</sup> March</p>	<p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from <b>9am-12pm</b>. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>9am-12pm</p> <p><a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646</p>

<p>Tuesday 11<sup>th</sup> March</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm <a href="mailto:fbryant@alzscot.org">fbryant@alzscot.org</a> 07748 737278</p>
<p>Wednesday 12<sup>th</sup> March</p>	<p><b>Sanquhar Arts &amp; Souls</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p><b>Brydekirk Buddies</b> Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p><b>Brydekirk Carers Café</b> Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p> <p>Come and join us over a cuppa at a friendly and supportive Carer Liaison Advisor lead gathering. Gain peer support and find out more information to help with your caring journey.</p>	<p>10.30am-12.30pm <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p> <p>10am-12pm <a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565</p> <p>10am-11.30am <a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> 07919 927646</p>
<p>Thursday 13<sup>th</sup> March</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p> <p>1pm-3.30pm <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p>
<p>Friday 14<sup>th</sup> March</p>	<p><b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG</p> <p><b>Dalbeattie Better Together</b> Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG</p>	<p>10am-12 noon <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838</p> <p>10am-12pm <a href="mailto:pbarber@alzscot.org">pbarber@alzscot.org</a> 07880 790337</p>

<p>Monday 17<sup>th</sup> March</p>	<p><b>Langholm Dementia Cafe</b> Langholm Day Centre, Charles Street Langholm DG13 0AA</p> <p>Come and join us at Langholm Day Centre for a friendly, supportive Dementia Advisor lead meeting. Meet friends, gain peer support, and find out more information to help with any cognitive disabilities and your dementia journey. All with people experiencing similar issues, and in the lovely relaxing atmosphere of the day centre.</p> <p>For this session we have a guest speaker from Dementia Cares Count</p> <p><b>Carer Drop in.</b> The Hub/Ward C4 Dumfries &amp; Galloway Royal Infirmary, Dumfries DG2 8RX</p> <p>Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.</p>	<p>1.30pm-3.30pm</p> <p><a href="mailto:lwheatley@alzscot.org">lwheatley@alzscot.org</a> <b>07780 006215</b></p> <p>1.30pm-4.30pm</p> <p><a href="mailto:apritchard@alzscot.org">apritchard@alzscot.org</a> <b>07919 927646</b></p>
<p>Tuesday 18<sup>th</sup> March</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-3.30pm</p> <p><a href="mailto:fbryant@alzscot.org">fbryant@alzscot.org</a> <b>07748 737278</b></p>
<p>Wednesday 19<sup>th</sup> March</p>	<p><b>Sanquhar Arts &amp; Souls</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL</p> <p><b>Brydekirk Buddies</b> Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY</p>	<p>10.30am-12.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> <b>07557 860838</b></p> <p>10am-12pm</p> <p><a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> <b>07798 667565</b></p>
<p>Thursday 20<sup>th</sup> March</p>	<p><b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p> <p><b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND</p>	<p>10am-12.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> <b>07557 860838</b></p> <p>1pm-3.30pm</p> <p><a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> <b>07557 860838</b></p>

Friday 21 <sup>st</sup> March	<b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838
	<b>Dalbeattie Better Together</b> Birchvale Theatre, Maxwell St, Dalbeattie DG5 4AG	10am-12pm  <a href="mailto:pbarber@alzscot.org">pbarber@alzscot.org</a> 07880 790337
Monday 24 <sup>th</sup> March	<b>Dumfries Dementia Cafe</b> The Usual Place, Academy Street, Dumfries, DG11BZ	10.30am-12.30pm  <a href="mailto:lwheatley@alzscot.org">lwheatley@alzscot.org</a> 07780 006215
	<p>A friendly, supportive Dementia Advisor lead meeting for people living with dementia and their carers to socialise and share stories and enjoy a cuppa with others on a similar journey.</p> <p><i>Please note: this session will be run by Lead Volunteer Peter Johnstone in Dementia Advisors absence</i></p>	
Tuesday 25 <sup>th</sup> March	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-3.30pm  <a href="mailto:fbryant@alzscot.org">fbryant@alzscot.org</a> 07748 737278
Wednesday 26 <sup>th</sup> March	<b>Sanquhar Arts &amp; Souls</b> A' the Airts, Upper Nithsdale Arts and Crafts Community Initiative, 8-12 High Street, Sanquhar DG4 6BL	10.30am-12.30pm  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838
	<b>Brydekirk Buddies</b> Brydekirk Village Hall, High Street, Brydekirk, Annan DG12 5LY	10am-12pm  <a href="mailto:agordon@alzscot.org">agordon@alzscot.org</a> 07798 667565
Thursday 27 <sup>th</sup> March	<b>All Together Now</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	10am-12.30pm  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838
	<b>Thornhill 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> Thornhill Friendship Club - 15 West Morton St, Thornhill DG3 5ND	1pm-3.30pm  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838
Friday 28 <sup>th</sup> March	<b>Kirkcudbright 'Arts and Souls: Visual arts, poetry and song inspired by everything and anything!</b> The Johnston, St Mary St, Kirkcudbright DG6 4EG	10am-12 noon  <a href="mailto:amquinn@alzscot.org">amquinn@alzscot.org</a> 07557 860838

Monday 31<sup>st</sup>  
March

### Dalbeattie Better Together

Dalbeattie Town Hall, High Street, Dalbeattie, DG5 4AD

10am-12pm

[pbarber@alzscot.org](mailto:pbarber@alzscot.org)  
07880 790337

### Carer Drop in.

The Hub/Ward C4 Dumfries & Galloway Royal Infirmary,  
Dumfries DG2 8RX

1.30pm-4.30pm

[apritchard@alzscot.org](mailto:apritchard@alzscot.org)  
07919 927646

Come and pop into the Carers Hub at DGRI to meet with a Carer Liaison Advisor for a chance to discuss any questions you may have or any support, advice, and guidance. There is no need to book a slot, simply swing by and our Carer Liaison Advisor will be there from 1:30-4:30. If you happen to have a friend or loved one in C4, there will also be drop-in sessions held within this time too.

### Online Group

#### Virtual Resource Centre group sessions

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.

<https://www.alzscot.org/virtual-resource-centre-0>

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. These sessions can be booked and viewed using our what's on guides, there is a short video found at the bottom of the page explaining how to book and access them.

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 donate, please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>.



24 HOUR  
Dementia  Alzheimer Scotland  
Action on Dementia  
**Helpline**  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)