

# What's on

## March 2025 - Stranraer



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.

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.

**Centre Contact Number: 01776 889181**

In person group		
Monday 3 <sup>rd</sup> March	<b>Cromarty Crafters</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  An Arts & Crafts session to encourage people living with dementia and their friends and family to show their artistic side by stimulating their senses, while reducing stress and allowing them to reconnect with people in a friendly and safe environment. while enjoying a cuppa and a chat.	10.30am – 12 noon  NCollins@alzscot.org 07767 647062
	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  It's never too early or too late to care for your brain, regardless of your age or condition. Staff can discuss with you about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health. Contact to book an appointment.	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Tuesday 4 <sup>th</sup> March	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Informal drop-in session. Pop in and have a chat with a staff member. Support and refreshments provided.	10am – 11.30am  KMcWhirter@alzscot.org 07464 901788
	<b>Cromarty Garden Rescue</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A relaxed gardening group open to people with all gardening abilities.	10.30am-12 noon  NCollins@alzscot.org 07767 647062

<p>Wednesday 5<sup>th</sup> March</p>	<p><b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>It's never too early or too late to care for your brain, regardless of your age or condition. Why not drop in and learn about the practical steps you can take to reduce the risks of developing conditions like dementia or how to take steps to boost your brain health.</p> <p><b>Stranraer Coffee Catch-Up</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A social, coffee group open to those experiencing memory loss, people living with dementia and carers. Encourages the formation of companionship and sharing of social support. Topical conversations had surrounding life in Stranraer and activities/themes happening that month.</p>	<p>9.30am – 10.30am</p> <p>KMcWhirter@alzscot.org 07464 901788</p> <p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
<p>Thursday 6<sup>th</sup> March</p>	<p><b>Spring Has Sprung</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A social gathering activity with a chance to enjoy the bloom of the spring months where fun filled spring activities will take place from local outings; bird watching &amp; garden activities will be some of many activities taking place during this session. Come along and enjoy with us.</p> <p><b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Friday 7<sup>th</sup> March</p>	<p><b>Let's Get Active Class</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A session of indoor bowling.</p> <p><b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p> <p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
<p>Monday 10<sup>th</sup> March</p>	<p><b>Stranraer Musical Memories</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Come along and share your love and interest in music. Which songs hold special memories for you? Reminisce, share stories and play some fun musical games. The group is open to those living with dementia or experiencing memory loss, including friends and family.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>

	<p><b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Tuesday 11 <sup>th</sup> March	<p><b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Wednesday 12 <sup>th</sup> March	<p><b>Cromarty Quiz Masters</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An opportunity to test your general knowledge while working as part of a team competing against your opponents. Fun and light-hearted competition provided, as well as some refreshments and biscuits.</p>	<p>10.30am-12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
	<p><b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Thursday 13 <sup>th</sup> March	<p><b>The Memory Box</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>A reminiscence session, looking back over years gone by and our treasured memories. Come share your favourite stories and memories over a cuppa.</p>	<p>2pm – 3.30pm</p> <p>NCollins@alzscot.org 07767 647062</p>
	<p><b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 3.30pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Friday 14 <sup>th</sup> March	<p><b>Football Memories</b> Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>We remember the players and heroes of our childhood. We compare the players of today to the greats of yester year and at halftime we enjoy a pie and bovril. We also have walking football available to those who feel up to a wee bit more physical involvement.</p>	<p>10.30am – 12 noon</p> <p>NCollins@alzscot.org 07767 647062</p>
	<p><b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>2pm – 4pm</p> <p>KMcWhirter@alzscot.org 07464 901788</p>
Monday 17 <sup>th</sup> March	<p><b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p>	<p>10am – 12 noon</p> <p>KMcWhirter@alzscot.org 07464 901788</p>

Monday 17 <sup>th</sup> March	<b>Spring Has Sprung</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 3.30pm  NCollins@alzscot.org 07767 647062
Tuesday 18 <sup>th</sup> March	<b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Therapeutic Tuesdays</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Therapeutic Tuesday is a relaxation session to help relieve tension and stress, in aim to create a relaxing environment while you can indulge in some Me Time.	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788  10.30am – 12 noon  NCollins@alzscot.org 07767 647062
Wednesday 19 <sup>th</sup> March	<b>Stranraer Coffee Catch-Up</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  This session will include an information talk on the study of birds from an Ornithologist.  <b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon  NCollins@alzscot.org 07767 647062  2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Thursday 20 <sup>th</sup> March	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Stranraer Lunch Group</b>  Stranraer Lunch Group is a social group where people are invited to get together at a local lunch venue in Stranraer to taste some lovely food and have a good old chinwag. Please contact Natalie for details about the venue.	9.30am – 11am  KMcWhirter@alzscot.org 07464 901788  12 noon – 2pm  KMcWhirter@alzscot.org 07464 901788
Friday 21 <sup>st</sup> March	<b>Let's Get Active Class</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  <b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon  KMcWhirter@alzscot.org 07464 901788  2pm-3.30pm  KMcWhirter@alzscot.org 07464 901788
Monday 24 <sup>th</sup> March	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 11.30am  KMcWhirter@alzscot.org 07464 901788

Monday 24 <sup>th</sup> March	<b>Movie Memories</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Take a journey through the years of cinema from old school classics to individual favourites, with clips and music from various movies, while enjoying some refreshments.	2pm – 3.30pm  NCollins@alzscot.org 07767 647062
	<b>Mum, Me, Dad &amp; Dementia</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A support group for individuals caring for a parent who is living with dementia.	2pm-3.30pm  KMcWhirter@alzscot.org 07464 901788
Tuesday 25 <sup>th</sup> March	<b>Sing With Us</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  Bring along your singing voices good or bad to our new activity group. Sing With Us. With a selection of instruments available, we can also strike up the band! Whatever your skill set, we can all get therapeutic benefits from music and singing and improve our brain health. We hope you come along for a sing song.	10.30am-12 noon  NCollins@alzscot.org 07767 647062
	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Wednesday 26 <sup>th</sup> March	<b>Stranraer Coffee Catch-Up</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  This session will include an information talk from the NHS Speech and Language Therapist Team.	10.30am - 12 noon  NCollins@alzscot.org 07767 647062
	<b>Cromarty Café Drop-In</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm - 3.30pm  KMcWhirter@alzscot.org 07464 901788
Thursday 27 <sup>th</sup> March	<b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10am – 12 noon  KMcWhirter@alzscot.org 07464 901788
	<b>Food For Thought</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL  A cooking-based activity group which encourages and promotes the importances of maintaining a healthy balanced diet.	10.30am – 1pm  NCollins@alzscot.org 07767 647062
Friday 28 <sup>th</sup> March	<b>Football Memories</b> Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS	10.30am-12 noon  NCollins@alzscot.org 07767 647062

Friday 28 <sup>th</sup> March	<b>1-1 Brain Health Appointment Slots</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788
Monday 31 <sup>st</sup> March	<b>Long Term Care - Carers Support Group</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	10.30am – 12 noon  KMcWhirter@alzscot.org 07464 901788
	<b>Your Brain Health – Drop-in Session</b> Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL	2pm – 4pm  KMcWhirter@alzscot.org 07464 901788

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Wednesday 26 <sup>th</sup> March	<b>Coffee and Connect</b>  This online coffee group provides an opportunity to connect with our centre's support services digitally. Pop the kettle on and join us for a cuppa. Please get in touch to receive the link to join.	2pm – 3pm  NCollins@alzscot.org 07767 647062

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>

24 HOUR


Dementia

# Helpline

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