

# What's on

## March 2025 - Angus



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 and company, feel free to pop in. 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.

Arbroath Groups		
Tuesday 4 <sup>th</sup> March	<b>Football Memories</b> Arbroath Football Club, Gayfield	2pm – 3.30pm
Wednesday 5 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Wednesday 5 <sup>th</sup> March	<b>Men's Carers Café</b> Arbroath Dementia Resource Centre	2pm-3.30pm
Thursday 6 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 11 <sup>th</sup> March	<b>Arts and Crafts</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 12 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 13 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 18 <sup>th</sup> March	<b>Music and Movement</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 19 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 20 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Tuesday 25 <sup>th</sup> March	<b>Carers Café</b> Arbroath Dementia Resource Centre	2pm – 3.30pm
Wednesday 26 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 <sup>th</sup> March	<b>Dementia Café</b> Arbroath Dementia Resource Centre	10.30am – 12 noon
Thursday 26 <sup>th</sup> March	<b>Arbroath Boogie</b> Royal British Legion	2pm – 4pm

Angus Groups		
Thursday 6 <sup>th</sup> March	<b>Carnoustie Dementia Café</b> Comrie Hall, Carnoustie	2pm – 3.30pm
Friday 7 <sup>th</sup> March	<b>Monifieth Dementia Café</b> New Monifieth Activity Centre, (MAC) Monifieth	2pm – 3.30pm
Wednesday 19 <sup>th</sup> March	<b>Brechin Dementia Café</b> Glebe Park, Brechin	2pm - 3.30pm
Thursday 20 <sup>th</sup> March	<b>Montrose Dementia Café</b> Philos Hub, Castle Street, Montrose.	2pm - 3.30pm
Friday 21 <sup>st</sup> March	<b>Birkhill Dementia Café</b> Millennium Hall, Birkhill	2pm - 3.30pm
Monday 24 <sup>th</sup> March	<b>Supporting Forfar Singing Café</b> Trinity Church, (Formerly East & Old) Forfar	2pm - 3.30pm

#### Contact details for groups:

Rosemary Moncur - 07585700902 - rmoncur@alzscot.org

Angus Dementia Resource Centre – 01241 431770

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/fundraising/>

**24 HOUR**

**Dementia**  **Alzheimer Scotland**  
Action on Dementia

# Helpline

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