

What's On



March 2025 - Perth

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 for a warm drink. 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.

In Person Group		
Various drop in opportunities or bookable appointments throughout the month.	Improve your brain health Never too early, never too late! Drop in to the centre and have an informal conversation about your brain health, explore potential dementia risk factors. Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing. Come on in and take our quiz or start your personalised action plan which will highlight key areas of improvement over a cuppa and a chat with one of our team. Perth Brain Health & Dementia Resource Centre	"NEW" Drop in for quiz is available everyday "NEW" 1-1 Brain health personalised action plan bookable slots by appointment contact to arrange
Monday 3 rd March	Musical Monday Got a favourite record you'd love to share? Bring it along and let's spin some tunes together! Music has a wonderful way of bringing people together! Whether you want to sing, dance, or simply sit back and enjoy the tunes, Musical Monday is the perfect way to start your week on a high note. Join in as we explore a mix of music. No matter your taste, there's something for everyone—so come along, relax, and let the music lift your spirits! Perth Brain Health & Dementia Resource Centre	2.00pm – 3.30pm

Tuesday 4th
March

Strength and Balance

10.30am – 12noon

Suitable for anyone wanting to enhance their core strength

Gentle movement is a fantastic way to stay active, boost mobility, and support overall well-being. These sessions focus on building strength, flexibility, and balance in a welcoming and supportive environment. Whether you prefer to exercise seated or standing, the movements are designed to suit all abilities.

Come along for a fun and friendly session that helps maintain independence, encourages social connection, and promotes a healthy lifestyle!

Perth Brain Health and Dementia Resource Centre

Tuesday 4th
March

Social Lunch Club – (please bring your own lunch)

12.30pm – 1.30pm
“NEW”

Open to anyone looking to improve their memory or brain health through eating well and socialising with others.

Join us in a safe and happy environment where you can enjoy your lunch with great company. We'll provide the teas, coffees, and friendly conversation!

It's a wonderful opportunity to connect, share stories, and enjoy a relaxed lunchtime together. Everyone is welcome!

Perth Brain Health and Dementia Resource Centre

Yoga & Mindfulness Class – (if you have a mat, please bring it with you)

1.30pm – 2.30pm
“NEW”

Yoga teacher Lee-Anne who brings a wealth of knowledge to the community and believes that if you can breathe then you can yoga.

An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind through gentle movement. Breathing practices and time to relax and unwind.

This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email.

Perth Brain Health & Dementia Resource Centre

Community Café Drop in – The kettle is on!

2.00pm – 3.30pm

The kettle is on, and you're invited! Our Community Café is a welcoming space for anyone looking to boost their memory, brain health, and social connections.

Enjoy a friendly chat over a cuppa while learning about local services and support available to you. Whether you're here for the company, a little mental stimulation, or just a

relaxing break, you'll find a warm and inclusive environment waiting for you. Drop in and say hello!

Perth Brain Health & Dementia Resource Centre

Wed 5th March

Perth and Kinross Dementia Café – Venue NORTH CHURCH

Join us at the Perth & Kinross Dementia Café awareness day at The North Church, High Street Perth where we will be joining other local services with our information stall.

The North Church, High Street, Perth.

10.30am–
12:30pm

**AWARENESS
SESSION,
NORTH CHURCH**

Musical Minds

Join us for a Musical Wellbeing Session with Lisa Bond, a dedicated Music Educator from Selkie Music School. Music has a powerful impact on our mood and wellbeing, evoking memories and stimulating cognitive health.

In this session, we'll come together to enjoy the therapeutic effects of music, fostering a strong sense of community and inclusion. Whether you're here to listen, sing, or simply enjoy the experience, everyone is welcome to be part of this uplifting session!

Come along and let the power of music bring joy and connection to your day!

Open to all interested in improving their brain health

Perth Brain Health and Dementia Resource Centre

1:15pm – 2:15pm
“NEW”

Craft Group

Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and show us how it's done.

Perth Brain Health & Dementia Resource Centre

2.30pm – 3.30pm

Photography Group

Bring along your favourite photos new or old to share over a cuppa, these can be either be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the Centre.

Perth Brain Health & Dementia Resource Centre

2.30pm – 3.30pm

Thurs 6th March

Community Café Drop In – The kettle is on!

The kettle is on, and you're invited! Our Community Café is a welcoming space for anyone looking to boost their memory, brain health, and social connections.

Enjoy a friendly chat over a cuppa while learning about local services and support available to you. Whether you're here for the company, a little mental stimulation, or just a relaxing break, you'll find a warm and inclusive environment waiting for you. Drop in and say hello!

Perth Brain Health & Dementia Resource Centre

10.30 am –
12noon

Thurs 6 th March	<p>Social Circle Time out for carers – limited spaces & must be booked in advance</p> <p>This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending. Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	1.00pm – 3.30pm BOOKING ESSENTIAL
Friday 7 th March	<p>Dementia Friendly Café</p> <p>Join us for a warm and welcoming space where people living with dementia, their carers, and families can connect over a friendly cuppa. Whether you're looking for support, companionship, or just a relaxing chat, our Dementia Friendly Café is here for you. Drop in, share experiences, and enjoy a comforting atmosphere with others in the community!</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Information Drop-in – Special Guest – Home Energy Scotland</p> <p>Home Energy Scotland will be here to offer advice about preparing for winter and various other services. Come along and find out ways you can save money on your fuel bills and the potential to access Scottish Government Funding options to improve energy efficiency in your home.</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Jigsaw group</p> <p>Relax and unwind with our Jigsaw Group! Choose from a selection of puzzles, including dementia-friendly options and more challenging ones with up to 500 pieces. Whether you prefer to work on a puzzle solo or collaborate with others, there's plenty to enjoy. Join us for a cuppa and some good company as we piece together beautiful puzzles—or feel free to take one home/swap with others to enjoy at your own pace. Everyone is welcome!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	10.30am – 12noon 10.30am – 12.30pm 1:30pm – 3.00pm “NEW”
Monday 10 th March	<p>Musical Monday</p> <p>Got a favourite record you'd love to share? Bring it along and let's spin some tunes together!</p> <p>Music has a wonderful way of bringing people together! Whether you want to sing, dance, or simply sit back and</p>	2.00pm – 3.30pm

	<p>enjoy the tunes, Musical Monday is the perfect way to start your week on a high note. Join in as we explore a mix of music. No matter your taste, there's something for everyone—so come along, relax, and let the music lift your spirits!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	
<p>Tuesday 11th March</p>	<p>Strength and Balance Suitable for anyone wanting to enhance their core strength</p> <p>Gentle movement is a fantastic way to stay active, boost mobility, and support overall well-being. These sessions focus on building strength, flexibility, and balance in a welcoming and supportive environment. Whether you prefer to exercise seated or standing, the movements are designed to suit all abilities. Come along for a fun and friendly session that helps maintain independence, encourages social connection, and promotes a healthy lifestyle!</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>10.30 – 12.30pm</p>
<p>Tuesday 11th March</p>	<p>Social Lunch Club – (please bring your own lunch)</p> <p>Open to anyone looking to improve their memory or brain health through eating well and socialising with others. Join us in a safe and happy environment where you can enjoy your lunch with great company. We'll provide the teas, coffees, and friendly conversation! It's a wonderful opportunity to connect, share stories, and enjoy a relaxed lunchtime together. Everyone is welcome!</p> <p>Perth Brain Health and Dementia Resource Centre</p>	<p>12.30pm – 1.30 pm “NEW”</p>
	<p>Yoga & Mindfulness Class – (if you have a mat, please bring it with you)</p> <p>Yoga teacher Lee-Anne who brings a wealth of knowledge to the community and believes that if you can breathe then you can yoga.</p> <p>An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p> <p><u>This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email.</u></p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>1.30pm– 2.30 pm “NEW”</p>

	<p>Community Café Drop in – The kettle is on! Special guest – UK Blood Pressure will be here to provide advice and guidance to maintaining Healthy Blood Pressure should you wish to speak with them either for yourself or a family member.</p> <p>The kettle is on, and you're invited! Our Community Café is a welcoming space for anyone looking to boost their memory, brain health, and social connections. Enjoy a friendly chat over a cuppa while learning about local services and support available to you. Whether you're here for the company, a little mental stimulation, or just a relaxing break, you'll find a warm and inclusive environment waiting for you. Drop in and say hello!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>2.00pm – 3.30 pm</p>
<p>Wednesday 12th March</p>	<p>Young Onset group</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Young Onset carers group</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Perth Brain Health and Dementia Resource Centre</p> <p>Brain Health Awareness Week</p> <p>Come along to the centre and join us for a fun-filled afternoon of questions, answers, and information sharing all about brain health. This quiz is designed to help us maximize brain health while having a good time! There might even be prizes for those who know their stuff! It's a great way to stay connected, learn something new, and enjoy a cuppa with friends.</p> <p>Everyone is welcome—join us for some fun and friendly competition!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12.00pm</p> <p>10.30am– 12.00pm</p> <p>1.00pm – 3.30pm</p>
<p>Thursday 13th Feb</p>	<p>Brain Health Awareness Week – Open Day – All welcome – Light refreshments provided!</p> <p>Come along and meet the team at the Brain Health and Dementia Resource Centre. Enjoy a chat, learn about the services and support we offer, and discover how we can help you or your loved ones. Catch up with a team member and start your brain health wellbeing journey, the team will be offering valuable insights and tips for keeping your brain healthy.</p> <p>Take the Brain Health Quiz during your visit and make a pledge to take care of your amazing brain!</p> <p>This is a great opportunity to build your understanding of brain health, dementia, and available support services.</p>	<p>11:00 – 4.00pm</p>

	<p>We're here to answer your questions and offer guidance in a welcoming and supportive environment. Join us and take the next step in looking after your brain health!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	
<p>Friday 14th March</p>	<p>Dementia Friendly Café Fun Facts and brain teasers – let us hear your favourite childhood riddle!</p> <p>Join us for a warm and welcoming space where people living with dementia, their carers, and families can connect over a friendly cuppa. Whether you're looking for support, companionship, or just a relaxing chat, our Dementia Friendly Café is here for you.</p> <p>Drop in, share experiences, and enjoy a comforting atmosphere with others in the community.!</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Jigsaw Group</p> <p>Relax and unwind with our Jigsaw Group! Choose from a selection of puzzles, including dementia-friendly options and more challenging ones with up to 500 pieces. Whether you prefer to work on a puzzle solo or collaborate with others, there's plenty to enjoy.</p> <p>Join us for a cuppa and some good company as we piece together beautiful puzzles—or feel free to take one home/swap with others to enjoy at your own pace. Everyone is welcome!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>1:30pm – 3.00pm "NEW"</p>
<p>Monday 17th March</p>	<p>Musical Monday</p> <p>Got a favourite record you'd love to share? Bring it along and let's spin some tunes together!</p> <p>Music has a wonderful way of bringing people together! Whether you want to sing, dance, or simply sit back and enjoy the tunes, Musical Monday is the perfect way to start your week on a high note.</p> <p>Join in as we explore a mix of music. No matter your taste, there's something for everyone—so come along, relax, and let the music lift your spirits!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>2.00pm – 3.30pm</p>
<p>Tuesday 18th March</p>	<p>Strength and Balance</p> <p>Suitable for anyone wanting to enhance their core strength</p> <p>Gentle movement is a fantastic way to stay active, boost mobility, and support overall well-being. These sessions focus on building strength, flexibility, and balance in a welcoming and supportive environment. Whether you</p>	<p>10.30 am -12noon</p>

prefer to exercise seated or standing, the movements are designed to suit all abilities.

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Perth Brain Health and Dementia Resource Centre

Social Lunch Club – (please bring your own lunch)

12.30pm – 1.30pm
“NEW”

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Perth Brain Health and Dementia Resource Centre

Yoga & Mindfulness Class – (if you have a mat, please bring it with you)

1.30pm – 2.30pm
“NEW”

Yoga teacher Lee-Anne who brings a wealth of knowledge to the community and believes that if you can breathe then you can yoga.

An accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind through gentle movement. Breathing practices and time to relax and unwind.

This session will be held upstairs, please ensure you are physically able to manage the stairs. If you are unsure, please give us a call or email.

Perth Brain Health & Dementia Resource Centre

Community Café Drop in – The kettle is on!

2.00 pm –
3.30pm

The kettle is on, and you're invited! Our Community Café is a welcoming space for anyone looking to boost their memory, brain health, and social connections.

Enjoy a friendly chat over a cuppa while learning about local services and support available to you. Whether you're here for the company, a little mental stimulation, or just a relaxing break, you'll find a warm and inclusive environment waiting for you. Drop in and say hello!

Perth Brain Health & Dementia Resource Centre

Wednesday
19th March

Carers Support Group

10.30am-12.00pm
“NEW”

Come along and meet other carers from the community, see how you can all support each other in a safe space.

Perth Brain Health and Dementia Resource Centre

Tuesday 25th
March

Strength and Balance

10.30 am -12noon

Suitable for anyone wanting to enhance their core strength

Gentle movement is a fantastic way to stay active, boost mobility, and support overall well-being. These sessions focus on building strength, flexibility, and balance in a welcoming and supportive environment. Whether you prefer to exercise seated or standing, the movements are designed to suit all abilities.

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Perth Brain Health and Dementia Resource Centre

Social Lunch Club – (please bring your own lunch)

12.30pm – 1.30pm
“NEW”

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Perth Brain Health and Dementia Resource Centre

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“NEW”

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Perth Brain Health & Dementia Resource Centre

Community Café Drop in – The kettle is on!

2.00 pm –
3.30pm

The kettle is on, and you're invited! Our Community Café is a welcoming space for anyone looking to boost their memory, brain health, and social connections.

Enjoy a friendly chat over a cuppa while learning about local services and support available to you.

	<p>Whether you're here for the company, a little mental stimulation, or just a relaxing break, you'll find a warm and inclusive environment waiting for you. Drop in and say hello!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	
<p>Wednesday 26th Feb</p>	<p>Young Onset group – Peer support Come down to the centre to meet others and have a chat, a cuppa and laugh. Perth Brain Health and Dementia Resource Centre</p> <p>Young Onset carers group – Peer support Come down to the centre to meet others and have a chat, a cuppa and laugh. Perth Brain Health and Dementia Resource Centre</p> <p>Musical Minds: Join us for a Musical Wellbeing Session with Lisa Bond, a dedicated Music Educator from Selkie Music School. Music has a powerful impact on our mood and wellbeing, evoking memories and stimulating cognitive health. In this session, we'll come together to enjoy the therapeutic effects of music, fostering a strong sense of community and inclusion. Whether you're here to listen, sing, or simply enjoy the experience, everyone is welcome to be part of this uplifting session! Come along and let the power of music bring joy and connection to your day! Open to all interested in improving their brain health Perth Brain Health and Dementia Resource Centre</p> <p>Craft Group Come along to the centre for a cuppa and some crafts. This could be anything from making cards to painting. Feel free bring your own crafting work with you and show us how it's done. Perth Brain Health & Dementia Resource Centre</p> <p>Photography group Bring along your favourite photos new or old to share over a cuppa, these can be either be old, printed photos or digital ones you wish to share. We may even select a few for displaying in the BHDRC - why not take a new photo on your way to us! Perth Brain Health & Dementia Resource Centre</p>	<p>10.30 am – 12 noon</p> <p>10.30 am -12 noon</p> <p>1:15pm – 2:15pm “NEW”</p> <p>2.30pm – 3.30pm</p> <p>2.30pm – 3.30pm</p>
<p>Thursday 27th March</p>	<p>Community Café Drop In Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services. Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12.00pm</p>

	<p>Social Circle Time out for carers – limited spaces & must be booked in advance</p> <p>This is a new group for anyone living with memory loss, mild cognitive impairment, pre-diagnosis or recently diagnosed to come along and meet others, giving the carers some respite. This will be a fun afternoon with the team for those attending. Emergency contact information must be provided by the carer/family for anyone to attend. All attendees must be able to manage self-care and toileting.</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>1.00pm – 3.30pm “NEW”</p>
<p>Friday 28th March</p>	<p>Dementia Friendly Café</p> <p>Join us for a warm and welcoming space where people living with dementia, their carers, and families can connect over a friendly cuppa. Whether you're looking for support, companionship, or just a relaxing chat, our Dementia Friendly Café is here for you. Drop in, share experiences, and enjoy a comforting atmosphere with others in the community!</p> <p>Perth Brain Health & Dementia Resource Centre</p> <p>Jigsaw Group</p> <p>Relax and unwind with our Jigsaw Group! Choose from a selection of puzzles, including dementia-friendly options and more challenging ones with up to 500 pieces. Whether you prefer to work on a puzzle solo or collaborate with others, there's plenty to enjoy. Join us for a cuppa and some good company as we piece together beautiful puzzles—or feel free to take one home/swap with others to enjoy at your own pace. Everyone is welcome!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>10.30am – 12noon</p> <p>1:30 pm – 3:00pm “NEW”</p>
<p>Monday 31st March</p>	<p>Musical Monday Special Guest and host Billy Tully Music</p> <p>This week, Billy will be providing you with musical entertainment. Music has a wonderful way of bringing people together! Whether you want to sing, dance, or simply sit back and enjoy the tunes, Musical Monday is the perfect way to start your week on a high note. Join in as we explore a mix of music. No matter your taste, there's something for everyone—so come along, relax, and let the music lift your spirits!</p> <p>Perth Brain Health & Dementia Resource Centre</p>	<p>2:00pm – 3:30 pm</p>

If you wish to discuss anything about the groups prior to attending, please contact any of the staff listed below and they should be able to supply you with any additional information.

Online Group

There may also be opportunities to join some online groups. To find out more about these please contact the relevant person below for full details.

Contact details for groups held within the Perth Brain Health DRC: –

Andrew Boyes: Email: ABoyes@alzscot.org Tel: 07467 351246
Centre Address – 7 George Street, Perth PH1 5JY

Contact details to book and receive a link for the Online Groups:
Andrew: Email: perthservices@alzscot.org Tel: 01738 215102

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/DundeePerthandAngus>

