

What's on

August 2023 – Dumfries & Galloway



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 | | |
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| Tues 1 August | <p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is happening. There is also a choice of activity Dominoes, Cards, Word Games, Gentle Exercises, Singing, Reminiscence, or sometimes just a chat among friends, whatever is needed.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |
| Wed 2 August | <p>Sanquhar Coffee & Chat* 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 people living with dementia and their carers to socialise and take part in some activities, share stories, and enjoy a cuppa with others on a similar journey.</p> <p><i>*Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>1.30 pm – 3 pm</p> <p>LWheatley@alzscot.org 07780 006215</p> |
| Thurs 3 August | <p>Thornhill Lunch Group* The Friendship Club</p> | <p>12 noon – 3.30pm</p> |

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| | <p>15 West Morton Street Thornhill</p> <p>Every Thursday. Lunch is a plate of homemade soup, which is always decided beforehand, followed by a selection of sandwiches , or sandwiches and a cake instead of soup, always giving a choice. An afternoon of activities chosen by the people attending ,roll on the good weather to get out into the garden.</p> <p><i>*Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Whithorn Musical Memories South Machars Community Centre, Castlehill, Whithorn, DG8 8PN</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.</p> | <p>AAllison@Alzscot.org 07880 815081</p> <p>2pm-3.30pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| <p>Fri 4 August</p> | <p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL</p> <p>A relaxed gardening group open to people with all gardening abilities. The aim of the group is to revamp the neglected garden space and instead create a welcoming and pleasant space our service users can find comfort in using.</p> <p>Lockerbie Brew and Blether* Jodie's Café, Lockerbie Ice Rink, 12 Glasgow Rd, DG11 2AR</p> <p>A friendly, supportive place for anyone affected by dementia. Enjoy a cuppa, conversation, activities, and friendship.</p> <p><i>*Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>1030am-12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30am-12.30pm</p> <p>LInnes@Alzscot.org 07979 502958</p> |
| <p>Mon 7 August</p> | <p>Dumfries rural life, local walking group* Meeting at Dock Park around 2.15pm</p> <p>Join us for a slow walk around the park followed by a tea/coffee in Dock Park cafe.</p> <p><i>*Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Stranraer Lunch Group The Custom House, North Strand Street, DG9 7RB *Pre-booking is essential*</p> | <p>2.15 pm -3.30 pm</p> <p>Agordon@Alzscot.org 07798 667565</p> <p>12 noon -2 pm</p> |

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| | <p>Our lunch group provides an opportunity for everyone to come together and socialise while enjoying lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> | <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Tues 8 August | <p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is happening. There is also a choice of activity Dominoes, Cards, Word Games, Gentle Exercises, Singing, Reminiscence, or sometimes just a chat among friends, whatever is needed.</p> <p><i>*Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |
| Wed 9 August | <p>Dumfries Under 65's Lunch Group Solway Gate Table Table, Euroroute, Annan Road DG1 3JX</p> <p>A friendly, supportive group ran by a dementia advisor for anyone under the age of 65 affected by dementia to socialise, share stories, and enjoy a nice lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> <p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An opportunity to reconnect and build friendships will enjoying a blether and a cuppa. Also the opportunity to take part in some themed quizzes and games.</p> | <p>12.30pm-2pm</p> <p>LWheatley@alzscot.org 07780 006215</p> <p>10.30am-12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Thurs 10 August | <p>Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Thursday. Lunch is a plate of homemade soup, which is always decided beforehand, followed by a selection of sandwiches , or sandwiches and a cake instead of soup, always giving a choice. An afternoon of activities chosen by the people attending ,roll on the good weather to get out into the garden.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Newton Stewart Natter The Belted Galloway, Riverside View, DG8 6NQ</p> | <p>12 noon – 3.30pm</p> <p>AAllison@Alzscot.org 07880 815081</p> <p>11am-12.30pm</p> |

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| | <p>Come along and enjoy a natter over a cuppa. Take part in various fun activities such as board games, quizzes and crafts. Reminisce and share stories.</p> <p>Castle Douglas Coffee Catch-Up St Ninian's Church Hall, Whitepark Rd, DG7 1EX</p> <p>Come along and enjoy a natter over a cuppa. Take part in various fun activities such as board games, quizzes and crafts. Reminisce and share stories</p> | <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>2.30pm-4.pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Fri 11 August | <p>Stranraer Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>Come along and share your passion for the game. Take part in quizzes and games and enjoy a pie and a Bovril at half-time. Followed by a session of Walking Football, led in partnership with Versus Arthritis.</p> <p>Annan Tea& Chatter* Kate's Kitchen 52 High Street Annan DG12 6AN</p> <p>A friendly, supportive place for anyone affected by dementia. Enjoy a cuppa, conversation, activities and friendship</p> <p><i>* Postponed until further notice. Please get in touch as we are still here to support you *</i></p> | <p>10.30am-12pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30am – 12.30pm</p> <p>LInnes@Alzscot.org 07979 502958</p> |
| Mon 14 August | <p>Stranraer Forget Me Not Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>Dementia Advisor lead, offering Support in grief and bereavement as well as advice and information that may assist you at a difficult time within your life.</p> | <p>2pm-3.30pm</p> <p>DCarnochan@alzscot.org 07810 528046</p> |
| Tues 15 August | <p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is happening. There is also a choice of activity Dominoes, Cards, Word Games, Gentle Exercises, Singing, Reminiscence, or sometimes just a chat among friends, whatever is needed</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |
| Wed 16 August | <p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL</p> | <p>10.30am-12 noon</p> |

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| | <p>A relaxed gardening group open to people with all gardening abilities. The aim of the group is to revamp the neglected garden space and instead create a welcoming and pleasant space our service users can find comfort in using.</p> | <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Thurs 17 August | <p>Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Thursday. Lunch is a plate of homemade soup, which is always decided beforehand, followed by a selection of sandwiches , or sandwiches and a cake instead of soup, always giving a choice. An afternoon of activities chosen by the people attending ,roll on the good weather to get out into the garden.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Wigtown Chit Chats* Wigtown Bowling Club, The Square, DG8 9JA</p> <p>Come along and enjoy a natter over a cuppa. Take part in various fun activities such as card games and dominoes, Reminisce and share stories</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>12 noon – 3.30pm</p> <p>AAllison@Alzscot.org 07880 815081</p> <p>2.30pm-4pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Fri 18 August | <p>Castle Douglas Lunch Group The Market Inn Hotel, Queen St, DG7 1HX *Pre-booking is essential*</p> <p>Our lunch group provides an opportunity for everyone to come together and socialise while enjoying lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> <p>Moffat Mingle* Moffat Town Hall High Street Moffat.DG10 9HF Come along and enjoy a natter over a cuppa. Take part in various fun activities such as card games and dominoes, Reminisce and share stories.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>12 noon-2pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>2pm-4pm</p> <p>LInnes@Alzscot.org 07979 502958</p> |
| Mon 21 August | <p>Dumfries lunch group* YMCA café, Lochside Road, Dumfries</p> | <p>12.30pm - 2pm</p> |

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| | <p>Our lunch group provides an opportunity for everyone to come together and socialise while enjoying lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> <p>Stranraer Musical Memories 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.</p> | <p>Agordon@Alzscot.org 07798 667565</p> <p>10.30am-12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Tues 22 August | <p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is happening. There is also a choice of activity Dominoes, Cards, Word Games, Gentle Exercises, Singing, Reminiscence, or sometimes just a chat among friends, whatever is needed</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |
| Wed 23 August | <p>Stranraer Coffee Catch-Up Stranraer Resource Centre, Cromarty House, Sun St DG9 7JL</p> <p>An opportunity to reconnect and build friendships will enjoying a blether and a cuppa. Also, the opportunity to take part in some themed quizzes and games.</p> | <p>10.30am – 12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Thurs 24 August | <p>Thornhill Lunch Group* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Thursday. Lunch is a plate of homemade soup, which is always decided beforehand, followed by a selection of sandwiches , or sandwiches and a cake instead of soup, always giving a choice. An afternoon of activities chosen by the people attending, roll on the good weather to get out into the garden.</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | <p>12 noon – 3.30pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |

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| | <p>Newton Stewart Let's Get Moving *Starting locations may vary – contact for details*</p> <p>Gentle walks around the town, looking at local landmarks and discussing how locations have changed over the years. Share your memories of the town while taking part in some gentle exercise.</p> <p>Newton Stewart Lunch Group The Belted Galloway, Riverside View, DG8 6NQ *Pre-booking is essential*</p> <p>Our lunch group provides an opportunity for everyone to come together and socialise while enjoying lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> | <p>11am-12.30pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>12.30pm-2pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Fri 25 August | <p>Stranraer Football Memories Pavilion Bar, Stranraer FC, Stair Park, DG9 8BS</p> <p>Come along and share your passion for the game. Take part in quizzes and games and enjoy a pie and a Bovril at half-time. Followed by a session of Walking Football, led in partnership with Versus Arthritis.</p> <p>Langholm Coffee catch up Langholm Day Centre , Charles Street Langholm DG13 0AA</p> <p>An opportunity to reconnect and build friendships will enjoying a blether and a cuppa. Also the opportunity to take part in some themed quizzes and games</p> | <p>10.30am – 12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30 am- 12.30pm</p> <p>LWheatley@alzscot.org 07780 006215</p> |
| Mon 28 August | <p>Dumfries Coffee Catch up Dumfries Dementia Resource Centre Gordon Street DG1 1EG A friendly, supportive group ran by a Dementia Advisor for anyone affected by dementia to socialise, share stories, and enjoy a cuppa with others on a similar journey.</p> <p>Creetown Creative Crafting Waverley Hall, St John St, DG8 7JF</p> <p>This is a relaxing crafting group for people of all abilities - you do not need to have any art or crafting background. An opportunity to meet new people while enjoying some crafting</p> | <p>10.30am -12.30pm</p> <p>LWheatley@alzscot.org 07780 006215</p> <p>10.30 am – 12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Tues 29 August | <p>Thornhill Tea & Blether* The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is</p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org</p> |

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| | <p>happening. There is also a choice of activity Dominoes, Cards, Word Games, Gentle Exercises, Singing, Reminiscence, or sometimes just a chat among friends, whatever is needed</p> <p><i>* Postponed for summer period, as related to periods of annual leave. We will share updates as soon as this changes. Please get in touch as we are still here to support you *</i></p> | 07880 815081 |
| Wed 30 August | No groups today | |
| Thurs 31 August | No groups today | |
| Fri 1 September | <p>Cromarty Garden Rescue Stranraer Resource Centre, Cromarty House, Sun St, DG9 7JL</p> <p>A relaxed gardening group open to people with all gardening abilities. The aim of the group is to revamp the neglected garden space and instead create a welcoming and pleasant space our service users can find comfort in using.</p> <p>Lockerbie Brew and Blether Jodie's Café, Lockerbie Ice Rink, 12 Glasgow Rd, DG11 2AR</p> <p>A friendly, supportive place for anyone affected by dementia. Enjoy a cuppa, conversation, activities, and friendship.</p> | <p>10.30am-12 noon</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> <p>10.30am-12.30pm</p> <p>Linnes@Alzscot.org 07979 502958</p> |
| Mon 4 September | <p>Dumfries rural life, local walking group Meeting at Dock Park around 2.15pm</p> <p>Join us for a slow walk around the park followed by a tea/coffee in Dock Park cafe.</p> <p>Stranraer Lunch Group The Custom House, North Strand Street, DG9 7RB *Pre-booking is essential*</p> <p>Our lunch group provides an opportunity for everyone to come together and socialise while enjoying lunch. Groups are open to those living with dementia, those experiencing memory problems and family and friends.</p> | <p>2.15 pm -3.30 pm</p> <p>Agordon@Alzscot.org 07798 667565</p> <p>12 noon -2 pm</p> <p>KMcWhirter@Alzscot.org 07464 901788</p> |
| Tues 5 September | <p>Thornhill Tea & Blether The Friendship Club 15 West Morton Street Thornhill</p> <p>Every Tuesday. A group where we all have a cuppa and a general chat on local news and anything local that is happening. There is also a choice of activity Dominoes, Cards,</p> | <p>10.30am – 12.30 pm</p> <p>AAllison@Alzscot.org 07880 815081</p> |

August

No online groups this month

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