

What's on

March 2024 - Dundee



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 can attend independently, and those unable to do so should come with a companion who can provide any necessary support for them.

We are unfortunately unable to provide transport to 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 the most suitable transport options for you.

If you 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		
Mon 4 Mar	Monday Meetup <i>An opportunity for those undergoing their Post Diagnostic Support to meet others for peer support, information & advice. Supported by staff from the PDS team (from Kingsway Care Centre) and an Alzheimer Scotland, Dementia Advisor</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE	2.00pm – 4.00pm (drop-in)
Tue 5 Mar	Move it or Lose it with RVS <i>Gentle exercise and activities</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE *Please note places have to be pre-booked – contact 07917 241024	1.00pm – 3.00pm
Tue 5 Mar	Music Makers <i>Come and join us and guest facilitator Ed (Face The Music) for a relaxed afternoon of music making.</i> £2.50 per person – *limited space. Please contact Shabana to book your place – (07585 601599) at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	2.00pm – 3.30pm
Wed 6 Mar	Football Memories – Dundee FC <i>Football & social reminiscence</i> Gardyne (Lower level), Dundee & Angus College	2.00pm – 3.15pm
Thur 7 Mar	Down Memory Lane <i>Join us and share your stories of life in the home of jute, jam and journalism!</i> At Dundee Central Library, Wellgate Shopping Centre, DD1 1DB. We will meet in the Reading area within Leisure Reading Section). Step-free access to the library from the main entrance (Vicotria Rd) and from level 4 of the Wellgate Carpark.	2.00pm – 3.30pm

Mon 11 Mar	<p>Carer Coffee & Catch Up</p> <p><i>An opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i></p> <p>Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	10.30am – 12.00pm (drop-in)
Mon 11 Mar	<p>Monday Meetup</p> <p><i>An opportunity for those undergoing their Post Diagnostic Support to meet others for peer support, information & advice. Supported by staff from the PDS team (from Kingsway Care Centre) and an Alzheimer Scotland, Dementia Advisor</i></p> <p>Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	2.00pm – 4.00pm (drop-in)
Tue 12 Mar	<p>Move it or Lose it with RVS</p> <p><i>Gentle exercise and activities</i></p> <p>at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p> <p>*Please note places have to be pre-booked – contact 07917 241024</p>	1.00pm – 3.00pm
Tue 12 Mar	<p>D’Café at V&A Dundee</p> <p><i>Meet friends, peer support and information, all in the lovely relaxing atmosphere of the V&A. March’s D’café will be located in the Tatha Café Bar</i></p> <p>At V&A Dundee, Esplanade, Dundee</p> <p>(please note this March Café is being held a week earlier, due to V&A Dundee having a prior engagement on 3rd Tuesday of the month)</p>	2.00pm – 3.30pm
Wed 13 Mar	<p>Broughty Ferry Walking Group</p> <p><i>Join us for a gentle walk, before returning to the library to warm up and wind down with a hot drink and biscuits. This walk is for all abilities, but please do make sure you are dressed for the weather and feeling well enough to walk. Please let Shabana know if you are planning to attend (07585601599).</i></p> <p>Meet at Broughty Ferry Library, Queen Street, Broughty Ferry</p>	1.30pm – 3.00pm
Mon 18 Mar	<p>Monday Meetup</p> <p><i>An opportunity for those undergoing their Post Diagnostic Support to meet others for peer support, information & advice. Supported by staff from the PDS team (from Kingsway Care Centre) and an Alzheimer Scotland, Dementia Advisor</i></p> <p>Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	2.00pm – 4.00pm (drop-in)
Tue 19 Mar	<p>Move it or Lose it with RVS</p> <p><i>Gentle exercise and activities</i></p> <p>at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p> <p>*Please note places have to be pre-booked – contact 07917 241024</p>	1.00pm – 3.00pm

Tues 19 Mar	<p>Music Makers <i>Come and join us and guest facilitator Ed (Face The Music) for a relaxed afternoon of music making.</i> £2.50 per person – *limited space. Please contact Shabana to book your place – (07585 601599) at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE</p>	2.00pm – 3.30pm
Wed 20 Mar	<p>Football Memories – Dundee Utd FC <i>Football & social reminiscence</i> at Hegarty Suite, Tannadice Park</p>	2.00pm – 3.30pm
Thur 21 Mar	<p>Down Memory Lane <i>Join us and share your stories of life in the home of jute, jam and journalism!</i> At Dundee Central Library, Wellgate Shopping Centre, DD1 1DB. We will meet in the Reading area within Leisure Reading Section).</p>	2.00pm – 3.30pm
Mon 25 Mar	<p>Carer Coffee & Catch Up <i>An opportunity for carers to come together to chat, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	10.30am – 12.00pm (drop-in)
Mon 25 Mar	<p>Monday Meetup <i>An opportunity for those undergoing their Post Diagnostic Support to meet others for peer support, information & advice. Supported by staff from the PDS team (from Kingsway Care Centre) and an Alzheimer Scotland, Dementia Advisor</i> Alzheimer Scotland, 9 Morgan St, Dundee, DD4 6QE</p>	2.00pm – 4.00pm (drop-in)
Tues 26 Mar	<p>D'café at St Aidan's <i>Peer support, information and chat</i> St Aidan's Halls, Brook Street, Broughty Ferry, Dundee. DD5 2EY</p>	2.00pm – 3.30pm
Tues 26 Mar	<p>Move it or Lose it with RVS <i>Gentle exercise and activities</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE *Please note places have to be pre-booked – contact 07917 241024</p>	1.00pm – 3.00pm
Wed 27 Mar	<p>Broughty Ferry Walking Group Join us for a gentle walk, before returning to the library to warm up and wind down with a hot drink and biscuits. This walk is for all abilities, but please do make sure you are dressed for the weather and feeling well enough to walk. Please let Shabana know if you are planning to attend (07585 601599). Meet at Broughty Ferry Library, Queen Street, Broughty Ferry</p>	1.30pm – 3.30pm

Thur 28 Mar	<p>Allotment (Kinnaird Allotments) <i>Green-fingered or no, come and enjoy some fresh air, good company, and the view across the Tay from our allotment on the Law Hill. Refreshments provided as always.</i> Entrance to allotment from Law Road – please be aware the path is narrow and may not accommodate wider wheelchairs. Please let Shabana know if you plan to attend (07585601599) Kinnaird Allotments, Law Hill (entrance from Law Rd)</p>	1.00pm – 3.00pm
Fri 29 Mar	<p>BOOGIE – LOCHEE BOWLING CLUB <i>An afternoon of music, dance & fun</i> Lochee Bowling Club, Ancrum Road, Dundee *Please call 07917 241024 to book your place Tickets £3.50 per person</p> <p>All attendees that use walking aids (tri-wheelers, sticks, wheelchairs etc should arrive via Ancrum Road entrance. There is an entrance via Old Muirton Road that is accessible to the club via stairs.</p>	1.30pm – 3.30pm

For information about any of the above activities and services please contact:

Shabana Basheer – Community Activities Organiser
Email: SBasheer@alzscot.org Tel: 07585 601599

Jeni Sinclair – Dementia Advisor
Email: Jenisinclair@Alzscot.org Tel: 07917 241024

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>

