

What's on



November 2023 - 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.

We'll be here for you with a warm drink, a biscuit and good company! Come along to our new Tuesday Social to meet friends and catch up over a coffee, or just drop in for a warm drink.

If you are unsure about attending, 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		
Wed 1 Nov	Football Memories – Dundee FC <i>Football & social reminiscence</i> at Gardyne Campus (Lower level), Dundee & Angus College	2.00pm – 3.30pm
Mon 6 Nov	Move it or Lose it with RVS <i>Gentle exercise and activities</i> Alzheimer Scotland, 9 Morgan Street, Dundee, DD4 6QE	1.00pm – 3.00pm
Tues 7 Nov	The Tuesday Social <i>A chance to meet new people and make friends over a cuppa and a biscuit</i> at Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	2.00pm – 3.30pm
Thurs 9 Nov	Tour of <i>Tartan</i> exhibition at the V&A V&A Dundee (meet on ground floor), Esplanade, Dundee Places on the tour must be booked – please contact Shabana (see details below)	2.00pm - 3.30pm
Mon 13 Nov	Move it or Lose it with RVS <i>Gentle exercise and activities</i> Alzheimer Scotland Dundee Resource Centre, 9 Morgan Street, Dundee, DD4 6QE	1.00pm – 3.00pm
Tues 14 Nov	The Tuesday Social <i>A chance to meet new people and make friends over a cuppa and a biscuit</i> at Alzheimer Scotland Dundee Centre, 9 Morgan Street, Dundee, DD4 6QE	2.00pm – 3.30pm
Mon 20 Nov	Carer Coffee & Catch Up <i>An opportunity for carers to come together to catch up, seek information and gain peer support. This is a drop-in and carers can pop in anytime between the times above.</i> at Alzheimer Scotland, 9 Morgan Street, Dundee, DD4 6QE	10.30am – 12.00pm

Mon 20 Nov	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	1.00pm – 3.00pm
Tues 21 Nov	D’Café at V&A Dundee <i>Meet friends, find peer support and information, all in the lovely relaxing atmosphere of the V&A. Those who wish to will be able to join a short walk outside (weather dependent) before enjoying tea and cake with the group.</i> At V&A Dundee (Lower floor), Esplanade, Dundee	2.00pm – 3.30pm
Wed 22 Nov	Football Memories – Dundee Utd FC <i>Football & social reminiscence</i> at Hegarty Suite, Tannadice Park (please note no dogs allowed at venue, other than service dogs)	2.00pm – 3.30pm
Fri 24 Nov	BOOGIE – Lochee <i>An afternoon of music, dance & fun</i> Lochee Bowling Club, Ancrum Road, Dundee Tickets £3pp Please contact Jeni Sinclair (07917 241024) to reserve your place	1.30pm – 3.30pm
Mon 27 Nov	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	1.00pm – 3.00pm
Tues 28 Nov	D’café at St Aidan’s <i>Peer support, information and chat</i> St Aidan’s Halls, Brook Street, Broughty Ferry ***PLEASE NOTE NEW TIMINGS***	2.00pm – 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>

24 HOUR



Alzheimer Scotland
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org