Our Community Groups are open to anyone living with dementia or experiencing difficulties with their memory, their families, friends and supporters. **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. If there is no specified ticket price, we ask for a small donation on the door to cover the costs of running the activity.

We are unfortunately unable to provide transport to these groups and therefore it is your responsibility to get to and from activities safely. Please speak to us, so we can support you to explore the most suitable transport options for you.

**We would be grateful if you could let us know in advance if you intend to attend any groups. This means that we can update you if there are any changes or last-minute cancellations due to staff illness / weather.**

**Please aim to arrive no more than 15 minutes before the advertised start time, to ensure that there is someone on site to let you in.**

If you have questions about any of the groups or activities, or have an idea for a new group, please contact:

Shabana Basheer – Community Activities Organiser

Email: [SBasheer@alzscot.org](mailto:SBasheer@alzscot.org) Tel: 07585 601599

Jeni Sinclair – Dementia Advisor

Email: [Jenisinclair@Alzscot.org](mailto:Jenisinclair@Alzscot.org) Tel: 07917 241024

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| All Groups (in-person and digital) | | |
| Mon 2 Sept | **Carer Coffee & Catch Up**  *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.*  At Alzheimer Scotland, 9 Morgan St, Dundee,  DD4 6QE | 10.30am – 12.00pm (drop-in) |
| Mon 2 Sept | **Carers’ Education**  **Session 3 – Supporting Daily Living**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE  **Contact Jeni Sinclair (07917 241024) for more information and to book your place** | 2.00pm – 3.30pm |
| Tues 3 Sept | **Move it or Lose it with RVS**  *Gentle exercise and activities*  **\*Please note places have to be pre-booked – contact 07917 241024**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 10.30am – 12.30pm |
| Wed 4 Sept | **Football Memories – Dundee FC**  *Football & social reminiscence*  at Gardyne Campus (Lower level), Dundee & Angus College  ***Please do not arrive before 2.15pm to avoid crowding in the foyer*** | 2.30pm – 4.00pm  **(PLEASE NOTE LATER SESSION TIME)** |
| Thurs 5 Sept | **Creative Connections at V&A**  Join V&A Designers for a creative, sociable morning for anyone affected by dementia, their friends, family and supporters. Includes a relaxed tour of the Kimono exhibition. Refreshments / light lunch provided  **\*BOOKING REQUIRED – limited spaces. Please contact Shabana on 07585 601599**  At V&A Dundee, Esplanade, Dundee (meet in foyer) | 10.30am – 12pm |
| Thurs 5 Sept | **Down Memory Lane**  *Activities and reminiscence around Dundee history*  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 main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.*** | 2.00pm – 3.30pm |
| Tues 10 Sept | **Move it or Lose it with RVS**  *Gentle exercise and activities*  **\*Please note places have to be pre-booked – contact 07917 241024**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 10.30am – 12.30pm |
| Wed 11 Sept | **Music and Memories**  Music and reminiscence  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 11.00am – 12.15pm |
| Wed 11 Sept | **Broughty Ferry Walking Group**  *Join us for a gentle walk along the waterfront, before heading up to Broughty Ferry 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 plan to attend* (07585 601599)*.***  Meet at Castle Approach, Broughty Ferry, DD5 2TF (next to Castle car park) | 1.30pm – 3pm |
| Thurs 12 Sept | **ALLOTMENT OPEN DAY!!**  *Join us for a harvest celebration! Enjoy a hot drink and refreshments while looking over the Tay, and take home some of our tasty allotment produce – there will definitely be tatties aplenty! All welcome*  NB: Unfortunately the allotment is not accessible for wheelchair users due to narrow paths. The closest public toilet is further up Law Road (parking available).  At **Kinnaird Allotments, Law Hill** (entrance from Law Road). | 1.00pm – 4.00pm (drop-in) |
| Tues 17 Sept | **Move it or Lose it with RVS**  *Gentle exercise and activities*  **\*Please note places have to be pre-booked – contact 07917 241024**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 10.30am – 12.30pm |

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| Tues 17 Sept | **Creative Social**  Try your hand at a range of creative activities, all designed to help you relax. Feel free to bring lunch with you to eat at the Centre.  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 11.00am – 12.15pm |
| Tues 17 Sept | **D’Café at V&A Dundee**  *Meet friends and access peer support and info in the lovely relaxing environment of the V&A. \*Those who wish to can join a short walk along the riverside before returning to the museum for refreshments.*  At V&A, Esplanade, Dundee | 2.00pm – 3.30pm |
| Wed 18 Sept | **Football Memories – Dundee Utd FC**  *Football & social reminiscence*  at Hegarty Suite, Tannadice Park | 2.00pm – 3.30pm |
| Thurs 19 Sept | **\*NEW\***  **Elevenses @ DRC**  *A chance to meet new people and chat while enjoying tea and cake with us*  At Alzheimer Scotland, 9 Morgan St, Dundee,  DD4 6QE | 11am – 12pm |
| Thurs 19 Sept | **Down Memory Lane**  *Activities and reminiscence around Dundee history*  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 main entrance (Victoria Road), and from Level 4 of the Wellgate carpark.*** | 2.00pm – 3.30pm |
| Mon 23 Sept | **Carer Coffee & Catch Up**  *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.*  At Alzheimer Scotland, 9 Morgan St, Dundee,  DD4 6QE | 10.30am – 12.00pm (drop-in) |
| Mon 23 Sept | **Carers’ Evening (ONLINE via Teams)**  *An opportunity for carers to come together to chat, seek information and gain peer support.*  **Please contact Jeni for details – 07917 241024 /** [**JeniSinclair@alzscot.org**](mailto:JeniSinclair@alzscot.org) | 6.15pm – 7.15pm |
| Tues 24 Sept | **Move it or Lose it with RVS**  *Gentle exercise and activities*  **\*Please note places have to be pre-booked – contact 07917 241024**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 10.30am – 12.30pm |
| Tues 24 Sept | **D’café at St Aidan’s**  *Peer support, information and chat*  At St Aidan’s Halls, Brook Street, Broughty Ferry, Dundee, DD5 2EY | 2.00pm – 3.30pm |
| Wed 25 Sept | **Music and Memories**  Music and reminiscence  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 11.00am – 12.15pm |
| Wed 25 Sept | **Broughty Ferry Walking Group**  *Join us for a gentle walk along the waterfront, before heading up to Broughty Ferry 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 plan to attend* (07585 601599)*.***  Meet at Castle Approach, Broughty Ferry, DD5 2TF (next to Castle car park) | 1.30pm – 3.00pm |
| Thurs 26 Sept | **Allotment (Kinnaird Allotments)**  *Come and enjoy some fresh air, good company, and the view across the Tay from our allotment on the Law Hill.*  NB: this activity is not suitable for wheelchair users due to access issues. Attendees must be able to walk independently for a short distance. There is no toilet access in the allotment, the closest public toilet is further up Law Road (parking available).  **Please let Shabana know if you plan to attend (07585 601599)**  At **Kinnaird Allotments, Law Hill** (entrance from Law Road). | 1.00pm – 3.00pm |
| Thurs 26 Sept | **Film evening**  *Screening of Sound of Music (Part 1)*  *(Part 2 will be screened on 3 October)*  *A light sandwich tea and refreshments provided.*  ***Suggested donation of £3.50 per person***  **BOOKING REQUIRED - call 07585 601599**  at Alzheimer Scotland Dundee Resource Centre,  9 Morgan Street, Dundee, DD4 6QE | 4.30pm – 7.00pm |
| Fri 30 Sept | **BOOGIE**  *An afternoon of music, dance & fun*  Lochee Bowling Club, Ancrum Road, Dundee  Doors open 1.15pm  **\*Please call 07917 241024 to book your place**  **Tickets £3.50 per person** | 1.30pm – 3.30pm |

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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](https://alzscot.sharepoint.com/sites/GrampianTaysideandShetland/Dundee%20Data/COMMUNITY%20ACTIVITIES%20ORGANISER/SHABANA/What's%20on/2024/make%20a%20donation), please consider donating to our local Just Giving page <https://www.justgiving.com/alzscot>