



**Alzheimer  
Scotland**  
Action on Dementia

**24 HOUR DEMENTIA HELPLINE**  
**FREEPHONE 0808 808 3000**

### **Stirling and Clackmannanshire Branch:**

Stirling and Clackmannanshire Services  
Unit 11 Beta Centre  
Stirling University  
Innovation Park  
Stirlingshire  
FK9 4NF

Tel Number: 01786 831171  
E-mail: [StirlingServices@alzscot.org](mailto:StirlingServices@alzscot.org)

### **Drop-in Dementia Cafes**

Bridge of Allan Parish Church  
Monthly - 2<sup>nd</sup> Friday 1pm-3pm

Smiths Art Gallery  
Monthly - 2<sup>nd</sup> + 4<sup>th</sup> Wednesday 10.30pm-12.30pm

The Alzheimers Scotland Bungalow  
Every Saturday 1.30pm-3.30pm

### **Peer Support Groups**

Raploch Community Campus  
Monthly - Wednesday 10.30am - 12 noon

Clackmannanshire Community Healthcare  
Monthly - Wednesday 10.30am - 12 noon

### **Football Reminiscence Groups**

Clackmannanshire Community Healthcare  
Monthly - last Tuesday 10am-12noon

Abbeyfield Residential Home (Bridge of Allan)  
Monthly - Tuesday 2pm-3.30pm

### **Musical Memories**

Alva Parklands Centre  
Monthly - 1<sup>st</sup> Thursday 1.30pm-3pm

### **Walking Group** (Stirling)

(Must be able to attend on their own  
or with someone)  
Monthly on a Tuesday 2pm-3.30pm

### **Alzheimers Scotland also offer:**

Carer Information Courses  
Information and Support  
Carer Support Groups