

Drop-in Dementia Café - Alva

The cafe is a friendly and welcoming place for people with dementia, their family and friends to meet up for a coffee and a chat. A knowledgeable member of staff will be there to support you with any issues you may have.

Held every Saturday from 1.30-3.30pm

This is a group for people who are able to attend safely on their own or who are accompanied by someone to support them

Contact 01786 831171 to get a list of future dates.

Peer Support Group - Clackmannanshire

Discuss any issues and challenges you may face in a supportive and friendly environment.

Held **Monthly** on a **Wednesday** at Clackmannanshire Community Health Care Centre, Sauchie from **10.30am to 12.00noon**.

Refreshments available

Contact Audrey Moore or Penny Thomas on 01786 831171 to get a list of future dates.

Musical Memories

A Monthly group who get together to sing all the old favourites. You will be warmly welcomed by the group and tea and coffee are also served.

Held on the 1st Tuesday of each month from 1.30-3.00pm

Contact Carole Pascal on 01786 831171

Football Reminiscence Group – Clackmannanshire

A group of men who have either played or just followed and supported football. Reminiscence about the beautiful game, your old teams and some of the legends who used to play.

Held on the 2nd Tuesday of the month from 2.00pm - 3.30pm

Contact 01786 831171 to get a list of future dates.