

Clackmannanshire & Stirling Carers Support Pack

Author	Hazel Chalk, Short Breaks Co-ordinator
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<p>This regularly updated pack for unpaid carers has been coproduced with carer support organisations, and unpaid carers with lived and living experience.</p> <p>This list of services is for information purposes to inform carers of support across the area which may support them in their caring role. Although this list is accurate at the time of publishing any service can be added however it is important to highlight that the author and associated authorities are not promoting or endorsing services on this list. It is therefore advisable that you do your own enquiries to ensure your choice is the best fit for your needs and to check the standards of the services.</p>	



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Useful Contacts For Carers

Self-Assessment, Rapid Access....AskSARA'

<https://clacksandstirlinghscp.org/find-a-service/asksara/>

An online self-assessment tool that can help you find solutions to make your daily living activities easier. It has been developed by health professionals to provide tips and advice to help you make small changes to improve daily task. It is anonymous and does not ask for any personal information (just a postcode at the end)

Short Breaks Support

Telephone: 01786 237886

email: sbs@stirling.gov.uk

[Clackmannanshire and Stirling HSCP – Carers \(clacksandstirlinghscp.org\)](https://clacksandstirlinghscp.org)

Mobilise - Online support for unpaid carers

<https://support.mobiliseonline.co.uk/clackmannanshire-and-stirling>

Providing unpaid carers in Clackmannanshire and Stirling comprehensive online support. This is an online service led by carers for carers where you can discover an online network of people in similar situations, access free support from a dedicated carers coach, join online support sessions with others, and access simple online tools to help throughout your caring journey.

You can book a call with the Support Team, to discuss whatever is on your mind, seven days a week between 9am and 10pm. Or chat on our website, anytime.

Carers Centre's Clackmannanshire & Stirling

Stirling Carers Centre

Telephone: 01786 447003

email: info@stirlingcarers.co.uk

<https://www.stirlingcarers.co.uk/>

Opening times: Monday – Friday 9am to 4pm

Providing information, advice & support to unpaid Carers throughout the Stirling Council area. An unpaid Carer looks after, or helps out, a family member or friend who is disabled, ill, frail, or has an addiction or mental health condition. **If you are a Carer, we're here to support you in your caring role**, and to give you the information and advice you need to make informed decisions about your situation. See our What's on carer's events programme.

Falkirk & Clackmannanshire Carers Centre

Telephone: 01324 611510

email: centre@centralcarers.co.uk

<https://centralcarers.org/>

We aim to ensure that carers of all ages are recognised, valued, receive the information and support they need to allow them to care with confidence and in good health, and are empowered to have a life of their own outside caring.

If you help to look after a partner, child, relative or friend who couldn't manage without your help due to disability, illness, addiction or frailty – **you are a carer**.

See our What's on carer's events programme in Clackmannanshire.

Meeting places Alloa Hawkhill Community Centre, Tullibody Civic Centre, Alloa Speirs Centre and Alva Libraries

Self-directed Support Forth Valley

Telephone: 01324 35 45 29

email: info@sdsforthvalley.org

<https://sdsforthvalley.org/>

Providing independent and impartial information about Self Directed Support to empower you to manage assessed support budgets from your local Health and Social Care Partnership in the way that is right for you.

Well Worthwhile Waiting (WWW) referral form for your use. Once we receive a referral, an email will be sent out to the client confirming they've been added to the programme, along with details of when the next cohort will start. Clients will be batched into the next scheduled programme.

Citizens Advice Bureau (CAB) Clackmannanshire & Stirling

Carers Welfare Rights Project: Adrienne La Valette Unpaid Carers Adviser

Telephone: 07940 253298 or contact the advice line: 01786 470239

email: Adrienne.LaValette@stirlingcab.casonline.org.uk

Website: <https://www.stirlingcab.org.uk/services/unpaid-carers-project>

The Carers Welfare Rights Project provides immediate holistic person centred advice, information and representation to unpaid carers & support to Organisations working with unpaid carers and where necessary, refer and support clients to access appropriate advice agencies. The advice and representation offered focuses on the consequences of the Welfare reform Act and the economic downturn – seeking to resolve the practical barriers and stressors that impact unpaid carers, primarily (but not exclusively) Money, Benefits, Debt, and Housing. This new innovative service to the unpaid carers community will: support income maximisation and represent clients at Social Security Appeal Tribunals and Disability Appeal tribunals.

Independent Living Fund

The Independent Living Fund re-opened in Scotland in April 2024 and provides additional funding to the statutory social care funding provided by the local authority. This allows disabled people to purchase additional support to help them achieve the independent living outcomes that are important to them.

The re-opened fund is for disabled people who:

- live in Scotland
- are aged 16 years or over at the time of application
- receive a social care support package/Self-Directed Support (SDS) of at least £800 per week
- Or the applicant's net weekly SDS budget is less than £800 but they have an unpaid carer living in the same home with them who provides a significant amount of unpaid care and who is eligible for a Carers Support Plan. This is aimed at applicants who, were it not for the amount of unpaid care received would meet the £800 Threshold Sum. This is known as the Carer's Component.

If people meet these access principles, ILF Scotland may be able to pay up to a maximum of £330 per week.

If you think you could benefit from this, please speak to your social worker or Social Work Department in the first instance. For more information on the reopening of ILF please see - [Re-Opening ILF | ILF Scotland](#)

Dementia Advice & Information

Stirling University Dementia Services Dementia Centre

[Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Includes a Carers Hub

[Carers Hub — Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Provides training and events for people living with dementia

[Training & Events — Dementia Services Development Centre \(stir.ac.uk\)](http://stir.ac.uk)

Dementia Adventure Free online training

[Dementia Training for Friends, Family and unpaid carers \(dementiaadventure.org\)](http://dementiaadventure.org)

They also provide holidays for people with dementia

[Dementia Friendly Holidays | Dementia Adventure](http://dementiaadventure.org)

Dementia Age Scotland

Helpline: **0800 12 44 222** [Dementia | Age Scotland](http://dementia.org.uk)

Information, training, support and helpline. We offer online and in-person training courses to raise awareness of dementia, help people learn how to be more inclusive of people living with the condition, and for carers to be better informed about their rights.

Dementia UK Helpline

Dementia UK is the specialist dementia nursing charity that is there for the whole family. Our nurses, known as Admiral Nurses, provide free, specialist advice, support and understanding to anyone affected by dementia, whenever it's needed. With the support of an Admiral Nurse and Dementia UK - whether it's on our Helpline, through our Clinics service, or in the community - families we support know they're not alone.

If you need advice or support on living with dementia, contact Dementia UK's Admiral Nurse

Dementia Helpline is open **Monday to Friday 9am to 9pm, Saturday & Sunday 9am to 5pm**

Telephone **0800 888 6678** email helpline@dementiauk.org.

The Helpline is staffed by experienced Admiral Nurses. You can also book a free video or phone appointment to get expert dementia support from an Admiral Nurse. Find out more at dementiauk.org/book-an-appointment.

For more information visit www.dementiauk.org,

follow Dementia UK on Twitter: [@DementiaUK](https://twitter.com/DementiaUK), and Facebook: www.facebook.com/DementiaUK

Dementia Groups Clackmannanshire & Stirling

Town Break At Home Dementia Support, Connection and Respite

Telephone: 01786 641 841

email: admin@townbreak.org

Town Break at Home offers flexible, one-to-one support for people living with dementia - at home or out in the community. It's designed to build meaningful social connections, support emotional wellbeing, and give unpaid carers valuable time to rest or recharge.

Every visit is shaped around the individual, including:

- Friendly companionship and conversation
- Cognitive Stimulation Therapy (CST) at home
- Outings to cafés, walks, or familiar places
- Music, memories, and reminiscence activities
- Respite time for carers with peace of mind
- Please note: We offer social support only — personal care is not included.

Service Costs £30 per hour. Additional hour can be arranged as needed.

Clackmannanshire & Stirling Health & Social Care Partnership

Town Break continued

At Town Break Dementia Support, we deliver essential social support that nurtures the emotional, physical, and spiritual wellbeing of people living with dementia — and the unpaid carers who support them.

By working closely with health and social care professionals, we help ensure individuals receive the right support at the right time — with compassion, dignity, and consistency.

Monday: Stirling Social Group at Belfield Centre Stirling, 10am - 2pm (for up to 3 Hours)

Enjoy games, music, crafts, and conversation in a calm, friendly setting - with respite for unpaid carers. (cost £10 a booking).

Monday: CST+ at Stirling Community Hospital 10:00am – 11:30pm. (cost £6 per session)

Structured group sessions to support memory and thinking - giving respite for unpaid carers

Monday: Lunch Club - Rehab Hub Stirling Community Hospital, 12.30pm - 3.30pm

A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers. fostering a supportive community where everyone finds comfort and companionship. (cost £15)

Monday: Alva Brunch Group 10:30am -1:00pm at Alva Parish Church, Alva (cost £12)

Morning gathering with light food, tea/coffee and social time - with respite for unpaid carers.

Monday: Alva Social Group 2pm - 4pm at Alva Parish Church, Alva (cost £10)

Enjoy games, music, crafts, and conversation in a calm, friendly setting - with respite for unpaid carers.

Tuesday: Social Group - Killearn, Village Hall, 2pm - 4pm (cost £10)

A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

Wednesday: Bellfield Lunch group - Bellfield Centre Stirling 12.30pm - 3.30pm (cost £15)

A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

Wednesday: Social Group - North Parish Church Stirling, 2pm - 4.30pm (cost £ 10)

Enjoy games, music, crafts, and conversation in a calm, friendly setting - with respite for unpaid carers.

Wednesday: Day Break+ Stirling Community Hospital 10:00 AM - 15:00 PM (cost £60)

(Start date to be confirmed)

A full day of group support with lunch, CST activities, rest time and music - with respite for unpaid carers.

Thursday: Social Group - St Andrew's Church Hall Callander, 10.30am - 1.30pm (cost £15)

A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

Thursday: Peer Support - Bannockburn Hub, 2pm - 4pm (cost £10)

Small group for people living with dementia to share experiences and stay connected - with respite for unpaid carers.

Friday: Lunch Group - Rehab Hub, Stirling Community Hospital, 12.30pm- .30pm (cost £15)

A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

Clackmannanshire & Stirling Health & Social Care Partnership

Alzheimer Scotland, Alloa Dementia Resource Centre (Forth Valley)

Telephone: 01324 559480 (24 hour Freephone helpline 0808 808 3000)

email: falkirkservices@alzscot.org

Opening times: Monday to Friday 10am to 4pm

We provide services and support across Scotland to help anyone who is worried about their memory, has a diagnosis of dementia, or who is supporting someone with dementia. If you want information and advice, peer support and activities or groups in your community.

See our Monthly What's on guide Stirling & Clacks

Alloa Monday Café & Lunch Club - We offer you a new six-week programme with a different theme each week.

Drop In Café - 10.30am – 12pm - Lunch Break - 12pm – 1pm (bring your own lunch)

Themed activities - 1.30pm – 3.30pm

You are welcome to attend all sessions or please feel free to attend which session is more suitable to you. Please note these sessions are for both the person living with dementia and their carer.

For more information contact email: Aboyd@alzscot.org Telephone: 07932120685

Tuesday: Drop in Café - 10.30am – 12noon - 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.

Tuesday: Activity Group - 1.30pm to 3pm - Fun & therapeutic activities for people living with dementia and their carers. contact - email: Dprietley@alzscot.org Tel:07970784950

Wednesday: Stirling/Clacks Café:10.30am - 12noon except the last Wednesday of the month
Information and support for families newly diagnosed with dementia.

third Wednesday of the month: Espresso Yourself Cafe from 2pm - 3.30pm

A group for people under the age of 65 who are diagnosed with dementia.

Join us along with your carer for some tea or coffee at our cafe. The Cafe provides a safe space where you can relax, socialise and get some advice and support.

Last Wednesday of the month at 12-2pm is a lunch group at The Birds & Bees Restaurant, For more info contact: email: Craby@alzscot.org or Tel: 07786406668

Thursday: Brain Gym & Carers Cuppa - 10.30am - 12noon - offering people with dementia the opportunity to attend a ten week programme that promotes wellbeing, maintains skills and supports self management with stimulating and fun activities. This group is held alongside the Carers Cuppa group. This is a friendly and welcoming group for carers support.

Thursday: Social Group - 1.30pm - 3pm - Our Group provides a safe space to socialise and enjoy some activities over a cuppa with others. Each monthly programme of activities is based on agreed group interest to allow you to plan for the month ahead.

For more information contact: Dprestley@alzscot.org or Tel:07970784950

Friday: Feel Good & Carers Corner - activities, 10.30am - 12noon

Friday: every other Friday 1pm-3pm - A drop in café with an optional Art and Craft corner for people living with dementia and their carers. Contact Dprestley@alzscot.org

Online Groups A drop in café with an optional Art and Craft corner for people living with dementia and their carers.

Juke Box Days USA & UK - Every Wednesday 3.30pm – 4.15pm

Contact mike@screenmemories.org.uk or Dprietley@alzscot.org Tel:07970784950

Carers Evening First Wednesday of the month – 7pm -8pm

Contact Cherie Raby, Dementia Advisor on Email: craby@alzscot.org Tel: 07786406668

Clackmannanshire & Stirling Health & Social Care Partnership

Sporting Memories group for over 50s.

Hawkhill Community Centre, 132 Hillcrest Drive, Alloa FK10 1SB

Telephone: 01259 218139

email: jim@thesmf.co.uk

Tuesday – 13:30-15:00

The group aims to support people living with dementia, depression and loneliness by engaging them in discussion relating to and sharing sporting memories and other topics while making new friends.

The Gate - Clacks Memory Café

Ludgate, Alloa Fk10 2DR

Telephone: 01259 218766

enquiries@the-gate-charity.org

Is open first Wednesday of every month 10.30am – 12.00noon

Come along for a brew and a chat, free refreshments and optional activities.

Social Club for Adults

St Serf's Church Hall, Tullibody

Telephone: 01259 213326

[St Serf's Church Tullibody - What's On \(stserfstullibody.org.uk\)](http://stserfstullibody.org.uk)

Opening times: Friday, 1pm - 3pm

Sing for Memories: Friday, 11am - 1pm (monthly)

Lunch Club Café for over 65s

At the Hive Dollar

Telephone: 07818 638778

email: alexandra@theplaypencafe.co.uk

Opening times: Thursday, 12pm - 1.30pm

Two course lunch in a welcoming safe space. A chance to meet and socialise with friends old and new. Transport available for those with mobility issues or additional support needs. £10 per person carers eat free and are welcome to make a donation instead.

BOOKING IS ESSENTIAL

Lunch Club at Home

Telephone: 07818 638778

email: alexandra@theplaypencafe.co.uk

Lunch club at Home is an initiative run by the Playpen Cafe CIC which delivers delicious hot lunches. We deliver meals on wheels across Clacks every Tuesday and Friday

Two courses for £6 and free delivery by our disclosure checked drivers.

A Book, A Brew and a Blether & Crafting Group

The Hive, Park Place, Dollar

Dollar Community Development Trust Telephone: 07563 405939

email info@dollarcdt.com

Opening time – Wednesday 2 - 4pm

Come along and join others to knit, crochet, amateur artists who draw, paint or do other crafts. The group is part of the 'Book, Brew and Blether' afternoon. Bring along your own project to work on and enjoy a hot drink and cake in the company of others.

We aim to be dementia inclusive and welcome anyone to join us.

Clackmannanshire & Stirling Health & Social Care Partnership

Chair-based Exercise Class

Bruce Lounge, 1 Main Street, Clackmannan

Telephone 01259 216705

<https://clackmannanddevelopmenttrust.org/>

Tuesdays 10am -11:30 am

Suitable for anyone with reduced mobility, balance or age-related issues including dementia, this gentle class teaches a range of seated movements to get moving from the comfort of a chair. With a mood-boosting soundtrack and plenty of chat, it's a great way to stay active and enjoy the social benefits of a group activity.

Cycling Without Age Scotland

Telephone David Jardine on 07873 366862 or 01324 467 272

info@cyclingwithoutage.scot

Our core aim is always the same: to enhance and enrich lives by giving elderly and disabled people access to the beautiful outdoors through our pioneering trishaw rides, access which is denied to so many people simply because of age or limited mobility. Available in Clacks, Stirling and Falkirk

Braveheart Healthy Weekly Walks - for people living with Dementia

Telephone: Eva Finlayson 07795283804

email: www.braveheart.uk.net

Every **Wednesday 11am** leaving from Clackmannanshire Community Health Centre

Every **Thursday 11am** leaving from Sauchie Hall

Active Stirling Health Walks

Email: walking@activestirling.org.uk

A health walk is a short, gentle, and friendly led walk up to two miles (approximately 45 minutes but can be shorter if requested). Please note that the pace of these health walks is more suited to beginners. These walks are suitable for those living in the community with dementia to attend with their carer, family or friends and are supported by our trained Dementia Friendly Walk Leaders.

Walk in the Park

Telephone: 07843 842323

email: Fiona@trustinthepark.org

Walk in the Park health walks utilise the beautiful and nurturing surroundings of Loch Lomond and The Trossachs National Park.

Our Health Walk's are led by trained volunteer's on routes that we personally risk assess and trial out for size. Each walk is less than an hour long beginning with a short gentle warm up, followed by a brisk walk. Walks are followed by optional refreshments in a local coffee shop/hotel. We welcome people living with dementia, and their carers on our walks.

Stirling4Community Weekly Lunch Club

**Holy Trinity Episcopal Church Hall, 6 Albert Place,
Stirling**

Telephone: Paula Freck on 07974 371089

email: stirling4community@gmail.com

Opening times: Thursday 12noon to 1.30pm

A light lunch plus entertainment or a fun activity. Open to all older people and anyone living with Dementia (accompanied by a carer)

Clackmannanshire & Stirling Health & Social Care Partnership

Tea's Company

The Honeyman Hall, Bridge of Allan Parish church

Telephone: 01786 834155

This is a community café that provides a caring welcome to everyone who is looking for a bit of company and a chat over a cuppa and cake. They particularly welcome anyone who is affected by loneliness. The café is dementia friendly. There is music and entertainment, various activities such as quizzes and bingo for those who wish to take part.

Opening times: Monday 2pm to 4pm Wheelchair accessible - Everyone Welcome

Dementia Friendly Dunblane Meeting Centre

Braeport Centre, Dunblane

Telephone: 01786 822 422 or 07815 854343

email: dfdmeetingcentremanager@gmail.com

For people with mild to moderate dementia and their carers. All welcome, drop in for tea, coffee, and a chat or to socialise, activities include singing, arts and crafts, board games and gentle exercise.

Wednesday: Dementia Meeting Centre 1pm - 4pm

Our dedicated team of staff and volunteers provide an enjoyable and flexible programme for both the person with dementia and their family carers. Some family members use the opportunity to have a break from their caring role. It provides a chance to get together socially, to be creative, to get active and to share lunch.

Friday: Dementia Meeting Centre, 11am - 3pm

A variety of activities like singing, dancing, art, reminiscence, exercise, and outings. Engaging in these meaningful and stimulating activities helps maintain memory and mental functioning while providing unpaid carers with respite.

Dementia Friendly Doune and Deanston

Doune Bowling Club email: karen.cumming@yahoo.co.uk

First Thursday of each month 11am - 3pm

Music and Memories

Dunblane Cathedral Halls, Dunblane

Telephone: 01786 822673

Come and enjoy a trip down memory lane with familiar and well-loved songs, a cup of tea, cake and a friendly blether. Everyone is welcome and if you know of anyone living with dementia and their carers please encourage them to come along.

Stirling Sunshine Singers

Thursday: 11am to 12.30pm

Stirling Carer Centre In partnership with The Albert Halls, are excited to invite Carers and their loved ones to join Stirling Sunshine Singers – a dementia-friendly singing group!

Whether you're a Carer, a family member, or someone who enjoys the joy of music, this welcoming and supportive space is for you.

All participants with dementia must be accompanied by their Carer unless they can participate independently with no notable care needs. Unfortunately, our team is not qualified to provide replacement care. We look forward to singing with you!

Contact the Stirling Carer Centre for more information

Telephone: 01786 447003

email: info@stirlingcarers.co.uk or <https://www.stirlingcarers.co.uk/>

Clackmannanshire & Stirling Health & Social Care Partnership

Safe Hands Social Day Centre including Personal Care service

Telephone : 01786232450

email: info@safehandssupportscotland.co.uk

Monday to Friday - All day session 9am to 5pm or 9.30am to 5.30pm

Morning 4hr session 9.00am-1pm Afternoon 4hr session 1.30pm-5.30pm

cost: £20.50 per hour including emergency personal care tasks, medication administration, food, and drinks. Minimum of 4 hrs per person per day, per week. Cost of 1 session £82.00

An Innovative Approach to Dementia Care, Learning/Physical Disabilities.

Morning & afternoon activities: Bingo, cards, dominoes, arts & crafts, music & singing.

Thistle Centre – quiet shopping hour

[Quiet Hour - Thistles Shopping Centre, Stirling \(thistlesstirling.com\)](http://thistlesstirling.com)

Every Sunday 10:00 – 11:00.

For people living with autism and dementia

Clackmannanshire Community Groups

Clackmannanshire Council Community Information & Services

Kincraigs, Alloa, Clackmannanshire, FK10 1EB

Telephone: 01259 400000

email: customerservice@clacks.gov.uk

Family Support Drop-ins

Are you a family member, parent or carer

Looking to access groups, activities and support within the Community- speak with a member of our friendly team.

Monday: Alloa Family Centre - 3pm to 5pm

Thursday: Clackmannan Guide & Scout Hall/Activity Centre - 1pm to 3pm

Friday: The Blue Hoose, Tullibody 101 Newmills - 9.30am to 11.30am

The Gate - Ludgate, Alloa, Fk10 2DR

Telephone: 01259 218 766

enquiries@the-gate-charity.org

Breakfast Bingo - We meet on the **2nd and 4th Wednesday of the month at 10am**

Come along for a friendly chat, refreshments and toast.

Book Club - We meet **monthly on a Friday at 12 noon** in the **Community Cafe**.

Hobby & Craft Club for women - **Every second Tuesday 10am to 11.30am**

where you can be creative and have a cuppa, with scrapbooking, knitting & crochet and painting & drawing. **cost £2.00**

Alloa Men's Social Group meets up 7pm-9pm every Thursday

It is a social group for men suitable for those 30 years and older to have a coffee and meet other like-minded men. Just head along, no booking required, free

Community Café is open two days a week on Wednesday & Friday between 10am - 1pm

We offer people a safe, warm and welcoming environment to meet with colleagues, family, friends and service users or clients. We provide nutritious food at realistic prices with a friendly service. Lunch special includes a choice of 2 homemade soups, a choice of 5 different sandwich fillers and a tea or coffee **cost £3.30**.

Clackmannanshire & Stirling Health & Social Care Partnership

Clax 1400 Community Café

Bomar Community Centre, Scott Street, Alloa

Telephone: 01259 215150

A relaxed friendly environment where you can get information and support from a range of services with a tea/coffee/cold drink and a cooked breakfast or hot filled roll.

Menstrie Senior Lunch Club

Menstrie Dumyat Community Centre, Menstrie,

Telephone: 07940545369 01259 761573

email: carolinecraw1@gmail.com

Wednesday: 12.30 to 3pm

We are a friendly, well established all-inclusive Lunch Club, warmly welcoming anybody over the age of 60 in the village regardless of ability.

Including occasional after lunch activities i.e. musical entertainment, bingo etc.

Please join us for soup, sandwiches and cake with tea/coffee **£5.00 per person** with an optional gentle Exercise Class before lunch from **12.30-1.00pm**

Reachout With Arts In Mind

Units 27 & 28, Lime Tree House, North Castle Street, Alloa. FK10 1EX

Telephone: 01259 214 951

Email: info@reachoutwithartsinmind.org.uk

Creative Experiences for Wellbeing

We are a member-led expressive art organisation, delivering person centred creative experiences that are fun, relaxing, collaborative and educational. We work with:

- Supported Adults
- Adults managing their Mental Health and Wellbeing
- Families
- Young People
- Children

If you would like to attend one of our workshops or Creative Spaces check

What's On Members Workshops, Activities and More!

please get in touch to book a space. Alternatively look for an Open Creative Space, which does not need to be booked in advance (most Friday afternoons).

Wee County Veterans

Duncan's Den, 58 Main Street, Sauchie FK10 3JY

Telephone: 01259 215363 or mobile: 0750709924

E-Mail: weecountyvets58@outlook.com

We offer support to all ranks of ex-Armed Forces in Clackmannanshire by providing regular meetings where we can come together in informal social gatherings.

Forth Valley Men's Shed

5,8 Ward Street, Alloa

Telephone: **07841704083**

Email: fvmenshed@gmail.com

Opening times: Monday, Wednesday, Friday, 10am – 2pm have a Cuppa and a blether

Wee County Men's Shed

the former woollen mill, Devonside, Tillicoultry

Telephone: 01259752548

email: weecountymensshed@mail.com

Opening times: Monday, Wednesday, Friday, 10am – 3pm

Cuppa and a blether, Wood, metal and bike workshop

Clackmannanshire & Stirling Health & Social Care Partnership

Resonate Together

Campus, Carsebridge Cultural, **Carsebridge Rd**, Alloa FK10 3LT

Telephone:

Email: hello@resonatetogether.org.uk

Pen & Ink Club

Every Wednesday starting at 10am through to 12 noon.

There will be a focus on mark making, experimenting with inks, developing art skills and lots of opportunity to share with others, socialise and enjoy a cuppa.

Cost £5 per session

'Yarnery' club.

Every Wednesday at 10am and goes through to 12 noon

There will be supportive knitters and crochet gurus on hand to help you begin a new pattern or help you learn from scratch. Cost £3 per session

Darts Club - A fun stress relief.

Every Wednesday morning starting at 10am

Darts has many health benefits, accessible to many and is great for socialising.

Cost £3

Quite your mind : Sooth your heart

Every Wednesday starting at 12.30

Each week John K. leads the Meditation session for one hour, free to all who attend

Sewing Club - Skill share : Remake : Slow fashion

Every Thursday starting at 10am and going through to 3pm

Machine and hand sewing this club gives sewers lots of time to learn, to develop projects and to produce finished items. A warm studio space to share with likeminded sewing enthusiasts. session cost is £5

Gardening Club - Growing : Nature : Satisfaction

Every Thursday starting at 10am (Free.)

The grounds at Carsebridge Cultural Campus have high walls either side, are gated and protected, so they create a wonderful 'secret garden' feel for many who visit.

The club welcomes new members so if you fancy a potter in the gardens, if you have never gardened but want to learn, or if you are a seasoned gardener, then all are welcome.

DIY Club - Skill share : Learning : Together

Every Thursday and starts at 1.30pm (Free)

Our DIY Club brings together people with a range of abilities, skills and experiences, from interior painting, to working with wood and stone. If you want to be part of a team that is bringing life back to Carsebridge or if you have a trade or skills that you are willing to share, then come along to the DIY Club. Resonate will cover the cost of all materials required

The Flip Flop Serenity Club - Healthy me? Let's get real!

Every Thursday staring at 12.30 for an hour.

Many of us are overweight, many of us feel deeply fed up with being overweight. Join our club and lose weight sensibly.

The Gentle Jaunters Club - Strength : Confidence

Every week on a Thursday starting at 1.30pm

There are many reasons why we cease to feel confident in our mobility. It could be following surgery, or our situation, this club is a kind and supportive to encourage movement.

Green Soul Trekkers Club

For those who are excited about nature, like to explore and love finding new routes to trek!

At least once a month, our club will come together and we will be off! A new route each time, a safe group to walk with and plenty of chat. The distance is not the aim, the speed of walking is not the aim, but walking together and being immersed in our surroundings is spot on.

Clackmannanshire & Stirling Health & Social Care Partnership

Tullibody Civic Centre

Abercromby Place, Tullibody, Alloa, FK10 2RU

Telephone: 01259 21179

Older Adults Exercise

Telephone: [07812607425](tel:07812607425) email: kcook@clacks.gov.uk

Opening times: Tuesday, 1.30pm – 2.30pm

The classes are friendly, and fun and the exercises are carried out to music. Each exercise is adapted to suit individual needs and abilities.

Wednesday Social Club

Telephone: 07427 567544 email: enquiries@tullibodycdt.org.uk

Opening times: Wednesday, 2pm - 4pm

Coffee, Cake chat and humour, especially for folks living on their own who are feeling isolated.

Tullibody Pensioners Group

Telephone: 01259 216522

Opening times: 2nd and 4th Monday each month, 2pm – 4pm

A friendly group that plays bingo, enjoys a cuppa and sometimes has a guest.

Tea Dance

Telephone: 01259 211791 email: enquiries@tullibodycdt.org.uk

Opening times: First Monday of every month, 2pm – 4pm

Line Dancing

Telephone: 01259 211791 Email: facilities@tullibodycdt.org.uk

Thursdays afternoon class - 3pm till 4pm with an evening class 7.15pm till 8.15pm.

Classes are non-competitive, based on having fun, exercise, improving your balance and coordination and meeting new friends. Complete beginners are always welcome. Cost £5,

Walking Netball

Email: stirlingnetballclub@gmail.com

Wednesday: 11.00 am - 12.00 pm

A great way to make friends as well as have fun and exercise.

Walking Football

Telephone: 07986 916922 Email: enquiries@sauchiejuniorsacademy.co.uk

Tuesday: 10am - 11am cost £3 per session

It's a great friendly group of men and women All welcome new players to come and join them.

Table Tennis

Session Details Wednesday: 09:45am - 10:45am and Friday: 10am - 11am

Telephone: 07427 567 544 Email: enquiries@tullibodycdt.org.uk

If you are looking for some friendly fun and exercise. Suitable for experienced players and beginners. You can play doubles or singles.

Falkirk & Clackmannanshire Carers

Enjoy a nice friendly lunch and chat for Carers and cared-for person

3rd Monday of every month 12pm - 2pm

To book a place, contact Nicola on 01324 611510

Email: nicolaweeton@centralcarers.co.uk.

FV Sensory Centre

Support for people with sight loss and hearing loss in your community

Looking for advice, support, or just a friendly face? Join us, everyone is welcome – whether you're living with sensory loss, supporting someone who is, or simply curious to find out more.

Support for sight and hearing loss

We're here to support you with:

- Information on managing sensory loss
- Guidance on equipment and daily living aids
- Peer support and signposting to services

Find out about our groups and activities!

We run a variety of groups, events, and activities to support people with sensory loss — and we'd love for you to get involved!

 Creative sessions,  social meet-ups,  information talks, and more.

Want to know what's on offer? Just get in touch!

We're happy to tell you more about the groups and services available near you.

Telephone: 01324 590888

Email: sensory@forthvalleysensorycentre.org **Facebook:** facebook.com/FVSensoryCentre

Give a dog a bone

Telephone: 07969742858

email: louise@giveadogabone.net

Community Spaced Alloa offer social and canine companionship to people over 60.

Everyone from the local community is welcome.

Free! Weekly Chair yoga for the over 60s. Email us to book your place

Love Sport - Located at the Speirs Centre, Primrose Street Alloa

Telephone: Claire Ford 01259 722262

email: cford@clacks.gov.uk

Every Friday 10am to 11.30am

Join your local sporting memories club in Alloa, for those aged 50+ looking for a blether and some fun through the power of sport. Refreshments provided

Feel Good Friday - Located at the Speirs Centre, Primrose Street Alloa

Book a session in advance, Telephone 01259 452262

Every second Friday: 11am to 12.30pm

This is a wellbeing free café that gives you an opportunity to relax, have a cuppa and learn something new and connect with others. There is a range of speakers and activities to inspire and there will be the opportunity to take part in exercise if people wish.

Neil Hug's Foundation Peer Support Gardening Group

At Wimpy Park on **Sunday 12pm to 2pm**

Telephone: 07446717501

email: Clacks@neilshugsfoundation.com

Clackmannan Stroke Support Group

Telephone: Kelly Sagar 07756205870 or Donald Park 0746321248

Email: kellysaga@hotmail.co.uk

The Stroke Meeting is held at the Greenfield Building, Erskine Street, Alloa on the **third Tuesday of each month at 3pm to 5pm**

The group meet in a welcoming and supportive environment where you can meet others who have been affected. We will help you to access information you need about stroke, and help signpost you to local services which may be able to assist with further help.

Stroke Helpline: 03033033100 Supported Relations: 03003300740

Clackmannanshire & Stirling Health & Social Care Partnership

Clackmannanshire Access Panel

Meetings are on the 3rd Tuesday of every month from 2pm - 3.30pm at Alloa Hub, Maple Court, Alloa.

Clackmannanshire Access Panel is open to all with any disability, and is ready to help with any issues you may have.

Sauchie Community Choir

Location - Sauchie Resource Centre (opposite the Mansfield Arms), Mar Place, Sauchie
Telephone: Angela Leask, 01259 572075, Mobile: 07532274720,
Email: wee-leask-1.ciera.29@inbox.com

Time - Tuesdays 7-9pm People of all ages and abilities are wanted for our community choir, The emphasis is on fun and enjoyment

Sauchie Community Group SCIO

Resource Centre, Sauchie

Telephone: 01259 574854

email: sauchiecommunitygroup@outlook.com

Monday: Morning - Come along and have a chat and a coffee and cake.

Monday: Music Sessions 7pm join other musicians for a music jamming session. Free event.

Tuesday: Scatoosh Singing Group, join others in learning new songs, from 7pm

Wednesday: Indoor carpet bowling, from 1pm

Wednesday: Choir Group, from 7pm

Thursday, second of every Month: Soup and Sandwich, tea & cake, 11.30am - 1.30pm

Friday Morning: Come along and have some soup, a cup of tea and a chat with other people in our community. Free of charge.

Friday: Film club, movie night, from 7pm

Adult Autism Peer Support Group

Menstrie Dumyat Community Centre, Main Street East, Menstrie, FK7 11BL

Email: autismgroup@ctis.org.uk

Every Thursday 6pm to 7pm

The Clackmannanshire Third Sector Interface (CTSI) facilitates these groups, which aim to provide a welcoming space for autistic adults to connect and support one another.

Clackmannan Development Trust

Knit & Natter

Telephone 01259 216705

www.clackmannancommunity.org

The Bruce Lodge, 1 Main Street Clackmannan

Friday mornings 10.30 - 12noon and the 1st and 3rd Thursday of the month 7 - 9 pm.

This lively group is founded on fun and connection, often working on a communal project for a charity or decorations for the Parish Church's annual Christmas Tree Festival.

Previous projects include making syringe-driver bags for the Beatson Hospital and memory teddies for the Simpson Memorial Hospital's memory boxes.

New members are very warmly welcomed, from beginners to seasoned knitters. We have plenty of wool, needles and patterns available to get you started.

Clackmannan Community Space

Telephone 01259 216705

www.clackmannancommunity.org

The Bruce Lodge, 1 Main Street Clackmannan

Wednesday at 9am to 2.30pm

The one-stop-shop provides a warm, safe place for people to meet and make connections.

There are opportunities to access regular outreach services including Citizen's Advice, Adult Social Care, community larder Homemade Soup Tea & Coffee, Biscuits, Games, free WI FI

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Scottish Women's Institute Telephone: 0131 225 1274 WELCOME TO THE SWI Scottish Women's Institutes has a rich history across Scotland's communities, promoting education and connecting women locally and nationally to improve their quality of life through friendship, education, sharing and having fun. Local community institutes include Tillicoultry and Dollar.</p>
<p>The Hive Dollar <i>(for more details see pages 3 & 4)</i></p>
<p>Dollar Parish Church Community Café at the Burnside Hall, East Burnside, Dollar. Open from 2pm to 4pm All welcome to come and have a chat with others and enjoy some tea and cake.</p>
<p>Dollar Volunteer Driver Service Telephone: 07565712131 Local people who offer other Dollar residents a lift if they have no transport available. They can drive you to hospitals within Forth Valley, opticians, health centre, pharmacy and shops.</p>
<p>Strathcarron Hospice - Snow Drop Café Tillicoultry Tillicoultry Parish Church Telephone: Elaine Scott 07488277841 Email: tillysnowdrop22@gmail.com (strathcarronhospice.net) Open Every Monday 1pm - 3pm A space for people of any age to meet, grab a coffee, a slice of cake and have a blether.</p>
<p>Alva Bowling Club Telephone: 01259 692169 email: alvabowlingclub@gmail.com We are a warm friendly family club with the community at the heart of what we do. As well as providing bowling for all ages and levels of experience.</p>
<p>Community Connections Cochrane Hall Alva Monday 12noon to 3pm Homemade Soup Tea & Coffee, Biscuits, Games, free WI FI and Advice</p>
<p>Parkinson's Singing group (Alva) Telephone: Jim Clifford 01259 781522 or 03001233679 email: cmacmillian@parkinsons.org.uk Mondays: 3pm – 4.30pm (during term time only), For people with Parkinson's, their families and carers. Come along and meet with others, sing, have fun and help to strengthen your voice. No singing experience required.</p>
<p>Dance and Sing for Parkinson's Cochrane Hall Alva Wednesday: 10.30am to 11.30am Followed by tea/coffee Classes must be booked email Julie Symmonds at dsforparkinsons@gmail.com</p>

Clackmannanshire & Stirling Health & Social Care Partnership

Alva Community Café

Alva Parish Church, Stirling Street, Alva, FK12 5EH

alvaparishchurch@gmail.com

Tuesday: 10.30am to 12noon

All welcome to come and have a chat, free coffee tea and biscuits.

Dial-a-Journey

The Friendly alternative to public transport

[Door to Door Accessible Transport Terms and Conditions \(clacks.gov.uk\)](https://clacks.gov.uk/door-to-door-accessible-transport-terms-and-conditions)

Please find the attached link to the Clackmannanshire website with updated service user rules for the Door 2 Door service within Clackmannanshire

Handy Persons Service

Telephone: 01259 928 088

Email: john.brown@volunteeringmatters.org.uk

Volunteers who carry out small and minor repairs or work in older peoples homes.

Some examples of tasks we complete are:

- Changing light bulbs and fitting batteries in smoke alarms
- Putting up shelves, curtains, mirrors and assembling flat packs
- Unblocking sinks, rewiring plugs, changing tap washer

Our volunteers are friendly and trustworthy. Our Service is free but welcome any donations.

Food Train

Telephone: 01786 450536

E mail: stirling@thefoodtrain.co.uk

Anyone over the age of 65 who has difficulty getting their grocery shopping can use the service. Food Train service ensures that you have access to fresh and affordable groceries, delivered direct to your home on a weekly basis, or less often if that suits you. Our volunteers can unpack and put shopping items away where needed. There is a **Delivery cost**

Health & Exercise Clackmannanshire

Clackmannanshire Active Communities Sports Exercise Events Diary

Kiincraigs, Greenside Street, Alloa, FK10 1EB

Telephone: 01259 452334

email: sportsdevelopment@clacks.gov.uk

Wee County Walkers

Contact Kelly Sager on Telephone: 07756 205870

email: kellysagar@hotmail.co.uk

Wee County walkers welcome everyone, no matter their ability. The group is run by dedicated Volunteer Walk Leaders. We now have health walks taking place every day across Clackmannanshire. Walks normally last for about an hour.

Braveheart Healthy Walks

Telephone 01324 673703 / 07795283508

Join us on a walk in the heart of nature with Braveheart's free health walks designed to support adults, of all abilities, to become more physically and socially active within the community.

Walking Football

<http://walkingfootballforthvalley.co.uk>

Forth Valley is a collection of teams that play a slow-paced, low contact version of the beautiful game. It is designed to assist people have an active life style regardless of age or ability. It is easy to come along and enjoy this low-contact, slower version of the beautiful game. Played at **Alloa and Stirling** A very warm welcome at all of these sessions

Clackmannanshire & Stirling Health & Social Care Partnership

Street Soccer Scotland - weekly sessions in Alloa

Telephone: Stuart Lovell on 07534297447

email: STUART@STREETSOCCERSSCOTLAND.ORG

Alloa Athletic Football Club on Tuesdays 12.30 - 13.30

Free football sessions are available every week in Clackmannanshire. In partnership with Clackmannan Council and Wasps Community Club, Street Soccer Scotland are delivering a drop-in weekly adult session at the home of Alloa Athletic Football Club.

Menstrie Dumyat Community Centre

Telephone: 01259 679009

Email: dumyatcentremenstrie@gmail.com

Monday: Zone 60's Exercise Class - 10.30pm to 2.30pm

Tuesday: Senior Circuit with EK Fitness - 10.30am to 11.15am

Tuesday: Senior Table Tennis - 1pm to 3pm

Thursday: Chair exercise with EK Fitness - 11.30am to 12.15pm

Sporty Seniors - The Hive Dollar

Telephone: Rebecca to book your place on 07563 405939.

Every Tuesday 11am - 12pm

Aimed at the over 50s this session offers some gentle exercises to improve strength, balance, and overall health and wellbeing. Helping maintain a healthy lifestyle, reduce the risk of falls, meet new people, and have fun. Each session costs £2.50

Dollar Dancers

The Hive Dollar

Telephone: 07892698012

Email: aaron.james.millar@hotmail.com

Every Monday 12pm - 1pm

Learn a new style of dance and routine every month, stretch out muscles and improve your balance and memory. Help relieve aches and pains while having fun. Cost £7

Dollar Table Tennis

The Hive Dollar on **Fridays at 10:15 – 11:15am**

A social and friendly club where anyone can come along and play. Don't worry if you don't have a bat as we can supply them for you!

Just drop in, no booking required £3 entry

Bruce Lounge on the Main Street in Clackmannan

Telephone 01259 216705

<https://clackmannanddevelopmenttrust.org/>

One of the main aims of the Trust is to encourage everyone to make use of the fantastic local infrastructure to cycle and walk short distances around the town and across Clackmannanshire. Our Active Travel programme has something for everyone, from bike repairs to social group cycle outings.

For more information about any aspect of our Active Travel programme,

Email: our Project Officer Scott Bamford or call him on 07922 797799.

On Wednesdays at 1pm we have a weekly led cycle ride out the Dunfermline cycle path and back. This is for two hours and usually covers 10 miles.

On the 3rd Sunday of the month at 10am we have a led cycle ride of approx 12 to 15 miles taking up to 3 hours to various locations around the area at a very leisurely pace and is aimed at families and beginners.

Stirling Community Groups Stirling

Stirling4Community Men's Group

44 King St, Stirling, FK8 1DT

Telephone: David on 07711 020422

email: stirlingmensshed@gmail.com

A group for men to meet up together and enjoy craft projects, gardening, day trips for friendship and community.

Stirling4Community WOMENS' HEALTH & WELL-BEING GROUP

The Mayfield Centre, St Ninians

Telephone: Lorna on 07905 747337

A weekly group covering all aspects of Women's health and well-being in a fun and supportive environment

Monday's 6pm to 7pm If you'd like to improve your health and feel better in yourself

Stirling4Community ART GROUP

Holy Trinity Church Hall, Dumbarton Road, Stirling.

Telephone Jane on 07826 556302

Friday 10.30 to 12noon

A weekly art group for anyone who enjoys drawing and painting or wishes to learn basic techniques and create art. Beginners very welcome

STIRLING FRIENDSHIP & WELL-BEING CHOIR

Holy Trinity Episcopal Church Hall, Dumbarton Road (next door to Albert Halls), Stirling

Telephone Paula on 07974 371089

No singing skills need - Singing for fun and enjoying each other's company.

Absolute beginners are welcome **THURSDAY** from 7.30pm to 9pm

Stirling4Community ART GROUP KNIT & STITCH GROUP

The Mayfield Centre, St Ninians, Stirling

Telephone: Paula on 07974 371089

A knitting/sewing group for anyone who likes to make things with wool, material, thread etc, Absolute beginners are very welcome

Meets weekly on Mondays 10.30 to 12noon

MONTHLY LATIN & BALLROOM DANCE CLASSES

Holy Trinity Church Hall, Dumbarton Road, Stirling.

Contact Jane on 07826 556302

Meeting on the LAST WEDNESDAY of every month from 12pm to 1pm

Classes led by professional dance teachers Dance4Passion and is followed by time to relax with tea/coffee and cake. Only £5 per person.

Raploch Community Partnership & Inspiring Communities

Raploch Community Campus, Drip Road, Stirling FK8 1RD

Telephone: 01786 272358 or 07545068942

Email: info@inspiringcommunities.org.uk

<https://inspiringcommunities.org.uk/services/how-to-find-us>

To Support people in Stirling realise their potential through activity, enhancing health and social wellbeing and quality of life.

See our What's on events programme - Friday 11:30 – 12:30 Soup and Social

Clackmannanshire & Stirling Health & Social Care Partnership

<p>WEDNESDAY WELCOME St Saviour's Episcopal Church Keir Street, Every Wednesday 11 - 3pm Access community support & advice Free Soup, Hot Drinks, Friendly Chat, Crafts, Music & Sensory Garden. All welcome</p>
<p>Cornton Community café' Cornton Community Centre 37 Johnston Ave, Stirling FK9 5DD Telephone: 01786 462985 Shona Cullen shona.cullen125.sc@gmail.com This a lunch club group for all ages Tuesday - 12noon - 1:30pm.</p>
<p>Bannockburn Community Hub 25 Quakerfield, Bannockburn Friday 9:00am to 12:00pm Warmhub – open to all Biscuits, tea, and coffee (CAB Adviser on site)</p>
<p>Stirling North Parish Church 70 Springfield Rd FK77QW Telephone: 01786 463376 Braehead Coffee Pot Café - Wednesday 10:00 – 12:00 Hot drinks The Hub Braehead - Friday 11:00 – 14:30pm A soup/sandwich type lunch</p>
<p>SOUP AND SANDWICH MONDAYS Balfour Centre, Balfour Cres, Pleau FK7 8DS Telephone: 01786 815787 Monday: 12.30pm to 2pm Offer a warm and friendly place for locals to meet and socialise. Enjoy soup and a sandwich and a cuppa, blether and a game of bingo. Everyone welcome</p>
<p>Lainey's Swinging 60's Alpha Community Centre, Lamont Crescent, Fallin, Stirling FK7 7EJ Telephone: 01786 811221 Every Wednesday from 1pm Catch up with all the goss with some refreshments, have a kick around in the games hall, or create your own fun with Lainey and pals.</p>
<p>Guitar Classes Bellfield Centre, Livilands Gate, Stirling Telephone 07780 870441 Wednesday 1pm - 3pm</p>
<p>Artspace Stirling Telephone: 01786 450971 Email: info@artlinkcentral.org Artspace is Artlink Centrals' dedicated arts programme working with adult participants with diagnosed mental health problems across Stirling. The programme is designed to support participants in a "pathways to recovery" approach for their mental health, and has been commissioned by Stirling Council Social Care in partnership with NHS Forth Valley.</p>

Clackmannanshire & Stirling Health & Social Care Partnership

Scottish Women's Institute

Telephone: 0131 225 1274

WELCOME TO THE SWI

Scottish Women's Institutes has a rich history across Scotland's communities, promoting education and connecting women locally and nationally to improve their quality of life through friendship, education, sharing and having fun.

Local institutes include Blairlogie, Cambusbarron, Gargonnock, Kippen and Braco

Cambusbarron Parish Church

St Ninians Road, Cambusbarron, Stirling, FK7 9NU

Telephone: 01786 442068

The Community Hub

meets every Wednesday in the Church Hall from 1.30pm to 3.30pm.

This is a great place to come for fellowship with folks in the neighbourhood and share in tea/coffee and cake. There are also games and jigsaws available to enjoy. Catch up with old friends and make new friends. It is run by volunteers within the Church and community

Oasis Group

The Oasis Group meets in the Church Hall on Tuesday mornings from 10.30-12.00 (excluding autumn mid-term holiday). A wide and varied programme is offered ranging from history talks to musical items and everything in-between.

Knit and Natter

This is a perfect time for anyone who enjoys knitting or wants to learn as well as having good fun and fellowship.

Meets on the 1st, 3rd and 5th (when applicable) Thursday of the month from 10am-12 noon.

Men's Walking Group

The Men's Walking Group meets on Thursday mornings and after enjoying a gentle ramble in and around Stirling they have a visit to a local coffee shop for refreshments.

Home Instead – Specialise Care at Home, Companionship and Live in Care Services

Telephone: 01786 641 123

Email: amie.louisa@homeinstead.co.uk

At Home Instead, we provide compassionate, high-quality at home care for adults aged 18 and over in our community. Our services promote independence, companionship, and well-being, ensuring that our clients can continue to live comfortably in their own homes.

For more information or to discuss how we can support you or your loved ones, please get in touch.

Radical Weavers Workshops

82 Murray Pl, Stirling FK8 2BX

Telephone: 01786 450416

Email: m@radicalweavers.org.

Our weaving workshops are all about fun, creativity, and endless possibilities.

Whether you're a seasoned pro or just starting to weave your dreams, our workshops are tailor-made for all abilities. Weaving with us isn't just a hobby; it's an adventure waiting to be woven.

The YourStirling

The website is packed with information about things to do and see in the area. From live events and top attractions to activities and highland hospitality, there's something for everyone.

Clackmannanshire & Stirling Health & Social Care Partnership

Food Train

John Player Building, Stirling Enterprise Park, Players Road, Stirling, FK7 7RP

Telephone: 01786 450536

E mail: stirling@thefoodtrain.co.uk

Anyone over the age of 65 who has difficulty getting their grocery shopping can use the service Groceries, delivered direct to your home, unpack and put shopping away if required.

Dial-a-Journey

Door to Door Service - The Friendly alternative to public transport

Telephone: 01786 465355 between 10am and 4pm

To book a trip in advance or for journeys on the **same day** call any time after 9am.

Handy Persons Service

Telephone: 01259 928 088

Email: john.brown@volunteeringmatters.org.uk

Volunteers who carry out small and minor repairs or work in older peoples homes.

Some examples of tasks we complete are:

- Changing light bulbs and fitting batteries in smoke alarms
- Putting up shelves, curtains, mirrors and assembling flat packs
- Unblocking sinks, rewiring plugs, changing tap washer

Our volunteers are friendly, reliable and trustworthy. Our service is free but we welcome any donations

Health & Exercise Stirling

Braveheart Healthy Walks

Telephone: 01324 673703 / 07795283508

A walk in the heart of nature with Braveheart's free health walks designed to support adults of all abilities to become more physically and socially active within the community.

Golf in Society

Email: John Higgins john.golfinsociety@gmail.com

Website: <https://golfinsociety.com/>

Our golf sessions at Stirling Golf Club are a perfect way to keep active, meet new friends, learn new skills, to help keep people who need support active, to give carers a break, and have fun in beautiful, natural and safe surroundings - **free no obligation consultation**

Walking Football

<http://walkingfootballforthvalley.co.uk/>

Forth Valley is a collection of teams that play a slow-paced, low contact version of the beautiful game. It is designed to assist people have an active life style regardless of age or ability. It is easy to come along and enjoy this low-contact, slower version of the beautiful game. Played at **Alloa and Stirling** A very warm welcome at all of these sessions

Pickleball Stirling - Beginners Training Session

Allan Centre, Bridge of Allan

Monday 12noon – 2pm

Come and learn the fastest-growing sport in the World that is a cross between Tennis, Table Tennis and Badminton. Join us for a fun and interactive training session where you'll learn the basics of pickleball and get a chance to practice with other beginners.

Clackmannanshire & Stirling Health & Social Care Partnership

Parkinson's Walking Football

Forthbank 3G Pitch, Forthbank Stirling FK7 7UJ

There is no cost please sign up or find out more information by contacting Active Stirling by Telephone: 07874 914033 or

Email: <https://www.activestirling.org.uk/contact-us>

Tuesdays 11am - 1pm

Parkinson's walking Football is a slower version of football specifically designed for people with Parkinson's disease. Focuses on health, fitness, and social interaction in a safe, non-competitive environment. These sessions are for all ages and abilities even if you have no prior experience in football. .

Active Stirling The Peak, Forthside Way, Stirling, FK8 1QZ

Telephone: 01786 273555

Website & Email link: <https://www.activestirling.org.uk/contact-us>

There are a range of services, support and resources provided to communities across Stirling through social interaction and physical activity.

Health walks these walks are suitable for those living in the community with dementia to attend with their carer, family or friends and are supported by our trained Dementia Friendly Walk Leaders.

email: <https://www.activestirling.org.uk/classes-programmes/walking/health-walks>

Monday 10.45am-11.30am **St Ninian's The YT Club**. 106 Cultenhove Road St Ninians

Monday 11.30 -12.30pm leaving from **The Balfour Centre Plean**

Tuesday 12pm -1pm leaving from **Cornton Community Centre**

Tuesday 10.30am -11.30am leaving from **Dunblane Cathedral** (Front Entrance)

Wednesday 10.30am - 11.30am leaving from **Cowie Community Centre Cowie**

Thursday 2pm-2.45 leaving from **Killearn** for meeting point walking@activestirling.org.uk

Thursday 10.45am-11.30am leaving from **Mercat Cross**, The Haven, Bow Street, **Stirling**

Friday 11.30 - 12.30pm leaving from **Riverbank Resource Centre** Riverside

Friday 10.30 - 11.30am leaving from **Raploch Community Campus**

Strength and balance classes

Are based on the Otago Exercise Program which was developed to reduce falls in older people. This is a light intensity class that can be tailored to suit individual needs.

Balfour Centre, Plean – Tuesday, 2pm - 2.30pm

Fintry Sport Club – Wednesday, 11.00am - 11.30am

Forthbank Stadium - Monday and Friday, 1pm - 1.30pm

Killearn Church Hall – Monday, 1.15pm - 1.45pm and 2pm - 2.30pm

Kippen Reading Room – Wednesday, 10am-10.30am

Mature Movers - Aerobics and Tone

A series of low impact exercises for adults, with gentle, full-body toning exercises in a fun class. If you have an inactive lifestyle due to a specific health condition, then this class is ideal to improve your fitness through gentle exercise.

Mayfield Community Centre - Monday & Friday, 9.30am - 10.15am

<i>Stirling Rural Community Groups</i>
Royal Voluntary Service Balfron Church hall (entry is via the back door from the car park) admin@balfronchurch.org.uk Balfron Lunch Club - Thursdays 12 noon - 2pm in the Church rooms Tea & Tunes - Wednesday afternoons in the Church Rooms Fintry Tuesday Coffee Morning at the Fintry Sports Club
Buchlyvie Community Hub Buchlyvie and Gartmore Church Buchlyvie Village Hall. Foodbank Startup Stirling Thursdays 12:30 – 14:30 Please come along and join us for soup and bread, tea and coffee and sweet treat. Optional donation of £3 to help cover hall hire and other costs. Everyone welcome from Buchlyvie and surrounding villages. Strength and Balance class in Buchlyvie Village Hall Thursday: 11.30am - 12.15 pm. Everyone is welcome to stay for the community lunch afterwards or simply tea and coffee and catch up. Class is free but a voluntary donation is appreciated. There is no need to book, just turn up.
Walk in the Park Telephone:07843 842323 email: Fiona @trustinthepark.org All walks start at 10.20am No need to book just turn up Monday: 10.20am at Car park behind the Visitor Centre Tuesday: Arrochar & Tarbet meet at Three Villages Wednesday: Balloch meet at Balloch Tourist Information Centre Thursday: Dryman meet at Village Square outside the Winnoch Dryman Walks are followed by refreshments in a local coffee shop. We welcome people living with dementia, and their carers on our walks.
Aberfoyle Changing Place Toilet For more information about these facilities visit: www.changing-places.org/find The toilet and changing area provides much needed facilities for severely disabled people who need extra support and space which is not available in standard or accessible How to access: This toilet can be accessed using a radar key. These are available from www.disabilityrightsuk.org/radar-keys In emergencies you can phone 01786 404040 to obtain a key from the outside keysafe.
Aberfoyle Memorial Hall Trossachs Road, Aberfoyle FK8 3SW Telephone: 01877 382230/705 Email: aberfoylememorialhall@hotmail.co.uk Board Game Night Friday 7pm to 9pm All welcome bring your own games or join in with others

Clackmannanshire & Stirling Health & Social Care Partnership

Tea coffee and biscuits provided
Aberfoyle Memorial Hall continued

Knit & Natter Group

whether you are a knitting guru or a novice.

If you just want to chat, that is perfectly fine too! Tea, coffee and biscuits are available too. Get your knitting on! You can also access the community fridge and larder and hall library.

Mondays 6pm to 8pm

Fridays 2pm to 8pm

Community Get Together Lunch Group

Tuesday 12.30pm to 2.30pm

Lifts available - Telephone: 07774641422

Repair Café

Tuesday 2pm to 4pm

Love to Dance Weekly dance fitness for all

Telephone: 07859226751

www.kelliemacmillan.com

Tuesday 10am - Nia fitness

Tuesday 6pm - Zumba

Gartmore Village Hall

Main Street, Gartmore, FK8 3RW

Tel : 07912 035504

Email : info@gartmore.org.uk

Pilates - is a relaxing and enjoyable way to keep fit whilst benefitting your body. Classes are open to men and women of all ages and are a great way to feel refreshed and like you've had a re-boot. Linda is a Registered Osteopath and Body Control Pilates Teacher

Fridays : 9:30am - 10:30am must be booked in advance

Telephone Linda Canning 0775 8496820

email@talltreesaberfoyle.co.uk

www.talltreesaberfoyle.co.uk

Gartmore Community Cinema

One Friday a month

Door and Bar open at 7.30pm

Screening starts at 8pm

Pay at Door, Adults £5.00 cash only

Forest Theatre Company

The Forest Theatre Company stage fantastic annual productions in the Village Hall and actively seek volunteers to help backstage, front of stage and on stage with these! Would you like to get involved?

Telephone: Victoria Glasse-Davies 07769 792331 email: vqd1105@hotmail.com

Taiko Drumming

Try something new and learn to play taiko (Japanese drums). Taiko is more than just drumming. Its a combination of rhythm, movement and mental focus. No experience required, everyone welcome.

Mondays : 7:30pm - 9:00pm

Telephone: Joao Madeira 07917 610804

Clackmannanshire & Stirling Health & Social Care Partnership

email: madeiratranslations@yahoo.co.uk

Gartmore Village Hall continued

Sewing & Quilting Group

Large Meeting Room

Wednesdays : 10:00am - 12:30pm

Telephone: Catherine Reed 07814 009582

email: cath.reed.304@btinternet.com

Craft Group

Thursdays : 10:00am - 12:30pm

Telephone: Anne Tomlinson 01360 661451

email: norrie.tomlinson@gmail.com

Thornhill Community Centre

Thornhill Community Hall, Back Loan, Thornhill, Stirling, FK8 3Q

Monday: Yoga classes - 10.15am to 11.15

Monday: Brew & Blether - 2pm to 4pm

Tuesday: Keep fit Club - 6.45pm to 7.45pm & 7.45pm to 8pm

Tuesday: Mobile Library

Wednesday: U3A Badminton - 2pm to 4pm

Wednesday: Yoga classes- 7.30pm to 8.30pm

Friday: Brew & Blether - 2pm to 4pm

Saturday: Craft workshop 9am - 2pm

Trossachs Search and Rescue – First responders in Stirling rural area

If you wish to speak to the team on an URGENT basis please Telephone: **07796 240023**

[Home - Trossachs Search And Rescue - At the Heart of the Trossachs \(trossachs-sar.com\)](http://trossachs-sar.com)

Trossachs Search & Rescue volunteers are passionate about supporting the local communities from Loch Lomond to Dunblane, Strathblane to Strathyre. As well as the operational support we provide to the professional emergency services, the dedication of our members - all unpaid volunteers, and the practical support of our sponsors and network of supporters enables us to deliver services for the benefit of communities and individuals across the country.

Callander

Callander Song Squad

Contact: Marsha Guertin or Aandie Luti

Face Book: [SongSquadCallander](#)

A group of people who love to sing together. We sing, we laugh and sing some more.

Singing is mainly Acapella and usually in 3 or 4 part harmonies. All song types, all genres and all welcome. No auditions, just a love of singing required!

Callander Book Club

Telephone: 01877 331544 Fiona Frize, Librarian

Based in the Library, 1 South Church Street, Callander, FK17 8BN

Callander and District Heritage Society

Contact: Monica Holloway

Facebook: [CallanderHeritage](#)

A group of enthusiasts endeavouring to preserve and add to Callander's rich history, from photo archives to the stories and secrets of the landscape.

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Callander Community Hub Kirk Hall, Callander Wednesday 12.30pm to 2.30pm Always warm, always free, always welcome. Light lunch, soup & a sandwich, cuppa and a chat. Crafts available. Citizens Advice on hand to give advice on housing benefits & energy.</p>
<p>Callander Bridge Club Meets in the Old Bank Restaurant Callander Email: geoffrey.reid1@gmail.com Every Wednesday at 6.45pm</p>
<p>Citizens Advice Bureau Tel: 07852 631386 Email: amanda.arkell@stirlingcab.casonline.org.uk Free, impartial, independent, confidential. Every 2nd Wednesday 10am - 4pm at Callander Library. Drop in - no appointment necessary.</p>
<p>Callander Ramblers Telephone: 01877 382682 email: paulgprescott@googlemail.com Come and join our local rambling group that offers a wide variety of walks: Hill Climbs; Rambles and Strolls to suit a variety of capabilities. Walks are usually on Wednesdays and Saturdays. New members are always welcome. 2024 Ramblers Walks Programme (PDF)</p>
<p>Walk in the Park in Callander Telephone: 07843842323 email: Fiona@trustinthepark.org Every Tuesday: 10.20am at Ancaster Square, Callander No need to book, just turn up Walks are followed by optional refreshments in a local coffee shop/hotel We welcome people living with dementia, and their carers on our walks.</p> <p>Strength and Balance session Held weekly on Tuesday 3-4pm Held on 1st Floor, McLaren Leisure Centre, Mollands Road, Callander, FK17 8JP Gentle exercise session for older adults although anyone can benefit.</p>
<p>Callander Film Society email callanderfilmsociety@gmail.com Membership is open to anyone over 16 and gives free entry to all films in the current season. Screenings are at Callander Hostel, Bridgend</p>
<p>Callander Bike Meander Group Ancaster Square, Callander Telephone: Colin Welsh (01877) 339074 or 07963 736044 Email: colintross2@aol.com Tuesday: 10am, This group is ideal for beginner/returner cyclists</p>
<p>Callander Bowling Club Ancaster Road, Callander, FK17 8EL Telephone: 01877 330333 Wednesday: afternoons from 2pm A small friendly bowling club that are always looking for new members</p>

Clackmannanshire & Stirling Health & Social Care Partnership

Callander Golf Club Aveland Road, Callander Telephone 01877 330090 email callandergolf@btconnect.com
Senior Craigard Lunch Club Callander Youth Project Building Every Thursday 11:30am - 1:30pm contact: Ann Docherty email: anne.handbells@gmail.com
Callander Royal British Legion - Masonic Hall, Craigard Road, Callander. When servicemen and women return to civilian life after serving with the Armed Forces some are in need of community and friendship, maybe as a result of their experiences in the services or purely because they are no longer part of the 'military family' they had come to rely on. We make a difference every day to the lives of those veterans through our comradeship and befriending programme, developing strong communities and supporting remembrance. Our Callander Branch meets on the first Wednesday of the month at 7.15 pm Contact: Dennis Jones, Branch Chairman, Telephone: 01877 330269 Email: callander@rbls.org.uk Website: www.legionscotland.org.uk/callandar-branch
Callander to Killin Bus There is now a bus service C60, which will operate between Callander and Killin via Kilmahog, Strathyre and Lochearnhead. The service is an experimental one financially funded by Stirling Council. It will operate Monday to Saturday, with four return trips per day. The S60 Saturday bus service will continue unchanged. Single and return fares are available. National Entitlement Cards (under 22, over 60 and disabled) will all be accepted. You can pay by cash and contactless debit and credit cards. For more information on the route and fares visit the Stirling Council website.
U3A – University of the Third Age Callander & West Perthshire (u3asite.uk) u3a is for anyone who is no longer in full-time work and there is no age limit . There are over one thousand u3a branches throughout the UK, organised in twelve regional or national " <i>networks</i> ". Here, in the <i>Callander and West Perthshire Branch</i> , we are part of the network for Scotland. We run local activity and learning groups, organised by our own members for the benefit of all other members. Most groups meet in person at a convenient, local venue, whilst others function online through facilities such as <i>Zoom</i> . There is an annual subscription of £10 that supports our administrative needs and provides facilities such as this website.
Killin
McLean Hall, Killin Yoga - Friday: 10.15 - 11.30,
Bridge Killin Hotel Telephone: Marion 829027 Monday 7.15 to 9pm

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Re-connect meet weekly Community Church Room: Telephone: 07754 584968</p>
<p>McLaren Hall- Adult Badminton, Monday - 7 to 9pm</p>
<p>Killin Sports & Recreation Pavilion Walk in the Park evening walks Monday - (every fortnight) 6.50pm for 7pm evening walks finish with tea and coffee at the hub to catch up with friends. Killin Community Hub - Start up Stirling Telephone: Gail on 07951 013470 Thursday: pop in any time between 12.30 to 2.30pm Light lunch, a warm space, Wifi and an opportunity to Catch up with friends old and new.</p> <p>Citizens Advice Bureau - Whatever you need to know about benefits, we're here to offer you free, impartial and confidential advice. Light lunch, a warm space, Wifi and an opportunity to Catch up with friends old and new.</p>
<p>Killin Community Rooms Booking required on 07866 018629 Tuesday: Bee Creative, 10am-12pm Tuesday Club: 2pm – 4pm Tuesday: Pilates, 5.45pm and 6.45pm Wednesday: Walk in the Park, No need to book, just turn up. Walks are followed by optional refreshments in a local coffee shop/hotel We welcome people living with dementia, and their carers on our walks. Wednesday: Strength & Balance excercises, 2pm to 3pm, email: fiona@trustinthepark.org www.trustinthepark/walk-in-the-park/ Friday: Pilates, 9am, 10am and 11am</p>
<p>U3A Art - Tuesday's, 2pm to 4pm - Currently being held in Lochearnhead Hall</p>
<p>Killin Community Choir Wednesday 7.30pm to 9pm, Killin Church</p>
<p>Killin and District Volunteer Car Scheme If you would like to book a journey call 07988280743 Email: killinanddistrictvolunteercarscheme@outlook.com Transport is available for those who cannot drive or access public transport in the Killin and District Car Scheme area and need to reach places that support their health and quality of life. We are happy to keep our charge at 20p a mile to help make journeys affordable.</p>
<p>The Trossachs Explorer bus service is back this summer, running from 7th July to 5th October 2025., the service has returned with an extended route, improved accessibility, and better connections to public transport. Two low-emission buses will run daily between Drymen and Callander, stopping at popular spots. The service now links more smoothly with buses from Stirling, Glasgow, Balloch, and even Loch Katrine sailings. Tickets are affordable: £6 for adults, £3.50 for children, and free for under-22s and over60s with a National Entitlement Card. Group and saver tickets are available. For timetables and ticket info, visit the Loch Lomond & The Trossachs National Park Authority website</p>

Clackmannanshire & Stirling Health & Social Care Partnership

General Supports & Information
ALISS email: www.aliss.org A Local Information System for Scotland, a service to help you find information and support in your community, when you need it most.
Clackmannanshire Council Social Work: Telephone 01259 452498 Email: adultcare@clacks.gov.uk Emergency: Telephone 01786 450000 Stirling Council Social Work: Telephone 01786 470500 Emergency: Telephone 01786 40 40 40
Older People
Age Scotland Telephone: 03333232400 email: info@agescotland.org.uk Is an independent charity dedicated to improving the later lives of everyone on the ageing journey. Age Scotland “Making your Will” and “A Guide to Power of Attorney” publications on our website www.ageuk.org.uk/scotland/information-advice/publication-order-form/
Independent Age - Free guides for older people Freephone 0800 319 6789 Our free guides are full of useful information to help you boost your income, find the care you need, remain independent, choose the right place to live and stay connected
The Silver Line Telephone 24 hour Help Line: 0800 4 70 80 90 Website: https://www.thesilverline.org.uk/ Free 24hour confidential helpline providing information, advice and friendship to older people.
Clackmannanshire & Stirling provide a Mobile Emergency Care Service (MECS) Telephone: Stirling 01786 470500, Clackmannanshire 01259 226833 Opening times: Monday to Friday, 9am – 5pm Enabling vulnerable people and their carers to call for assistance in an emergency at any time, day or night. As well as a community alarm service, linked to a call response centre, a range of telecare is available that can help provide reassurance and support to carers in their role, including falls detectors, smoke, gas, heat and flood detectors, door sensors or movement detectors.
Adult Support and Protection Concerns Telephone: 01786 404040 between 9am – 5pm Monday to Friday Out with office house telephone: 01786 470500

Royal Voluntary Service (RVS)

Telephone: 01786 450718

Website: <https://www.royalvoluntaryservice.org.uk/>

RVS volunteers provide practical help and companionship to people that need it in hospitals and communities. Helping older people maintain their independence and stay involved in the local community. When you need more support than usual after returning home following a hospital stay, our volunteers can help you to get back on your feet and feel confident to remain independent. Our volunteers can provide support for a period of up to 12 weeks which will vary according to individual needs. Such needs may include practical help like accompanied shopping, making new connections with the local community or IT guidance and can also provide one to one or group exercise to improve functional muscle strength and balance. Our volunteers carry out Safe and Well checks each time that they visit.

Forth Valley u3a

fvu3a.org.uk

We are the local u3a branch for retired or semi-retired people in Forth Valley (Central Scotland). We offer many ways to stretch your mind or body and to socialise with like-minded older people. This includes interest groups, general meetings, summer activities and publications. If you are no longer working or raising a family, u3a gives you the chance to develop your interests, make new friends and enjoy yourself.

Libraries

Find out more about your local library, including a guide to the services, support and activities you can access for free.

Clackmannanshire Council: - Telephone: 01259 452262

email: libraries@clacks.gov.uk Or use the [on-line contact form](#)

Stirling Council: - Telephone: 01786 237760

Mobile Library in your local area.

Visit the [Libraries in Stirling](#) page to find out more about your local library

Whatever you need to know about benefits, free, impartial and confidential advice

Clackmannanshire Citizen's Advice Bureau

Glebe Hall, Burgh Mews, Alloa

Telephone: 01259 219404 Monday to Friday, 10am - 4.30pm

Stirling Citizen's Advice Scotland (Stirling)

Norman Macewan Centre, Cameronian St, Stirling FK8 2DX

Telephone: 01786 470239 Opening times: Monday to Friday 10am to 3pm

Stirling Council Advice For Money, debt and benefits advice

Telephone: 01786 233528 email: moneyadvice@stirling.gov.uk

Home Heating Advice

SP Energy Networks

Neighbourhood Watch Scotland, is partnering with SP Energy Networks to encourage those eligible to sign up to the free Priority Services Register (PSR). Being on the Register offers additional support in the event of a power cut.

For more information, please visit spenergynetworks.co.uk/psr

Home Energy Scotland Advice

Telephone: 0808 808 2282 - Line Open Monday to Friday, 8am - 8pm. Saturday 9am - 5pm.

Website: <https://www.homeenergyscotland.org/>

Alcohol and Drugs

Forth Valley Recovery Community/ Assertive Recovery Outreach Service

The Assertive Recovery Outreach Service are a team of Lived Experience Workers dedicated to help support people who are struggling with Alcohol or Substance use through One-to-one Support. Forth Valley Recovery Community (FVRC) is a community of people committed to making recovery happen in Forth Valley.

If you, or someone you care about is struggling with Alcohol or substance use and the problems related to it, and don't know who to talk about it, maybe we can help.

The Assertive Recovery Outreach Team operates throughout Forth Valley on behalf of Recovery Scotland, an organisation dedicated to helping others. We can offer confidential support, advice in a safe place free of Judgement, for people seeking to make positive changes in their lives. We also run Recovery Cafes throughout Forth Valley where people meet to for connection and support.

One-to-One Support

The Assertive Recovery Outreach Service are a team of Lived Experience Workers dedicated to help support people who are struggling with Alcohol or Substance use through One-to-one Support. FVRC is a community of people committed to making recovery happen in Forth Valley.

One-to-One Support Service

Home Visits

Our Assertive Outreach Team understand that it can be hard sometimes to get out to appointments due to ill health or isolation. We understand this, and that's why we have Outreach workers that can visit you at your home for advice and support.

Smart Recovery Meetings

Tuesday; 7pm—8:30pm Alloa Recovery Café

The Gate 2 Ludgate, Alloa, FK10 2DR

Wednesday 4pm-5:30pm Mens Group Stirling

Kildean, Drip Road, Raploch, FK8 1RW

Friday: 4pm—5:30pm Stirling Recovery Café

Mayfield Community Centre, St Ninians FK7 0DB

SMART Recovery - is a mutual aid organisation that provides self-help meetings designed to help you understand and use evidence based techniques to help you recover from any type of addictive behaviour.

Try one of the many meetings throughout Forth Valley.

For more info about SMART Recovery, or to take part in an online meeting, go to

<http://www.smartrecovery.org.uk>

OUTREACH TEAM CONTACT DETAILS

Lynne 07936 951 502 AROS Co-ordinator

Email: aroscoord@recoveryscotland.org.uk

Paul Dickson 07706 326 629 (Stirling)

Email: pdickson@recoveryscotland.org.uk

Jade Rennie 07936 950 528 (Alloa)

Email: jrennie@recoveryscotland.org.uk

Continued - Forth Valley Recovery Community/ Assertive Recovery Outreach Service

Recovery Ramblers Walking Group - Stirling Ramble

Tuesday 1.30pm meeting at the Old Bridge Stirling.

If you like walking outdoors why not come along and join our Recovery Ramblers. Walking and talking are an excellent way to improve your mental and physical well being. Our groups are designed to cater for all abilities.

Where can I find further information and advice?

- [Count 14](#) – use the online calculator to help spread out your alcohol intake over a week.
- [Stop the Deaths](#) – a global call for a re-focus on drug deaths and what can be done to help prevent them.
- [NHS Inform – Alcohol help & support](#) – information on drinking sensibly, knowing your limits and getting support for alcohol abuse.
- [NHS Inform – Support for people affected by drugs](#) – know more about the substances you're taking and how to get support.
- [The Scottish Drug Services Directory](#) – online directory to help people access contact information and details for over 200 agencies in Scotland who can help with drug treatment and care.

Forth Valley Family Support Service at SFAD (Scottish Families Affected by Alcohol and Drugs), working with anyone aged 16+ who is impacted by someone else's alcohol and/or drug use

Telephone: 01786 583 299

email: fvfamilies@sfad.org.uk

www.sfad.org.uk

We offer one-to-one and group support. Families' wellbeing is our main objective and, together, we will work on self-care and empowerment so families can face difficult situations from a stronger position. Our service is free and is available across Clackmannanshire, Falkirk and Stirling. Our service is for anyone aged 16+ but if you are under this age we can help find suitable support for you.

Our services generally offer weekly sessions, although this depends on people's situations. We focus on the CRAFT (Community Reinforcement and Family Training) approach to family support. Our trained practitioners will go through different topics each week such as boundaries, communication skills and self-care.

If CRAFT is not for you, we will look at other ways to support you.

Plean Community Centre Assertive Recovery Outreach Drop-in Balfour Centre Plean

Telephone: Peter Cochrane on 07593549502 or Darren Parker on 07920576377

Every Thursday 10am to 2pm

If you or someone you care about is struggling with harmful substance misuse and problems related to it and don't know how to talk to someone about it maybe we can help. We can offer help support and advice in a safe space free of judgement for people to make positive changes in their lives.

Mental Health

Samaritans

Telephone: 116 123

Website: <https://www.samaritans.org/scotland/samaritans-in-scotland/>

Samaritans are there to talk to when there is an issue bothering you, no matter how big or small the issue might feel. The Samaritans are open 24 hours a day and calls are free.

Clackmannanshire & Stirling Health & Social Care Partnership

<p>Breathing Space Telephone: 0800 83 85 87 Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the Phone - we're here to listen. Weekdays: Monday-Thursday, 6pm - 2am Weekend: Friday 6pm-Monday 6am</p>
<p>SAMH (Scottish Association for Mental Health) Website: https://www.samh.org.uk/ supporting people living with mental health problems towards recovery and engagement in the wider community and working world.</p>
<p>Anxiety UK Helpline: 03444 775 774 Text support: 07537 416 905 Lines open - Monday – Friday, 10.30am - 16.30pm 07912680021</p>
<p>Kooth.com Kooth provide an online digital mental health and counselling service for young people/young adults aged between 10 and 26 years of age, who reside in the Clackmannanshire and Stirling Council areas. The service is for young people/young adults who have emerging mental health problems or who are hard to reach and do not engage in traditional routes of mental health support. The service is free and available 24 hours a day and 7 days a week. Qwell.io is available for parents/carers with children up to 18 years of age in Clackmannanshire Area. This service is free and available 24 hours a day and 7 days a week.</p>
<p>Artlink Central Telephone: 01786 450971 - voicemail only (we will call you back!) Email: info@artlinkcentral.org Artlink Central works with evidence-based practice across all artforms. We produce artist-led participatory programmes that support people experiencing mental health issues or from excluded communities.</p>
<p>https://andysmanclub.co.uk/ ANDYSMANCLUB, are a men's suicide prevention charity, offering free-to-attend peer-to-peer support groups across the United Kingdom and online. Groups meet on Mondays at 7pm for men aged over 18. Their hope is to eliminate the stigma surrounding mental health and create a judgment-free, confidential space where men can be open about the storms in their lives.</p>
<p>Suicide Prevention UK is an award winning Suicide Prevention charity. https://www.spuk.org.uk/ We help anyone who may be struggling with their mental health and/or thoughts of suicide. Our volunteers use their skills, training and empathetic approach to offer a non-judgmental listening ear to help people in what could be their darkest hour. We aim to signpost individuals to the most relevant support available to them at that time. Our service is available via our helpline - National Suicide Prevention Helpline UK, social media and face to face out in the community .</p>
<p>Physical Health & Wellbeing</p>
<p>Chest Heart and Stroke Scotland Website: https://www.chss.org.uk/</p>

Clackmannanshire & Stirling Health & Social Care Partnership

Advice, information and support in the community for people in Scotland affected by chest, heart and stroke illness.

Diabetes uk helpline

Telephone: 0141 212 8710

Email: helpline.scotland@diabetes.org.uk

Get specialist information and advice on all aspects of living with diabetes. Call us for answers, support or just to talk to someone who knows about diabetes.

Monday to Friday, 9am to 6pm.

More than Fibro

Helpline Telephone: 01236 800540

Helpline is open on Tuesday to Friday from 12pm to 4pm

The helpline is for anyone needing advice and support but is not limited to

- Fibro symptoms
- Information about Fibro
- Mental Health Support
- Just for a natter

FV Sensory Centre

Support for people with sight loss and hearing loss in your community

Looking for advice, support, or just a friendly face? Join us, everyone is welcome – whether you're living with sensory loss, supporting someone who is, or simply curious to find out more.

Support for sight and hearing loss

We're here to support you with:

- Information on managing sensory loss
- Guidance on equipment and daily living aids
- Peer support and signposting to services

Find out about our groups and activities!

We run a variety of groups, events, and activities to support people with sensory loss — and we'd love for you to get involved!

 Creative sessions,  social meet-ups,  information talks, and more.

Want to know what's on offer? Just get in touch!

We're happy to tell you more about the groups and services available near you.

Contact us:

Telephone: 01324 590888

Email: sensory@forthvalleysensorycentre.org

Facebook: facebook.com/FVSensoryCentre

Strathcarron Hospice Live Your Life Team

Telephone: **01324 827383**

Email: fv.scliveyourlife@nhs.scot

Open to anyone living with a life limiting illness, their family or friends, in Forth Valley. The team will work with you around whatever is important to YOU - offering access to nurses, creative arts, complementary therapists and community based connectors.

No professional referral needed.

Additional support for carers

SSAFA

<https://www.ssafa.org.uk/>

Clackmannanshire & Stirling Health & Social Care Partnership

A UK military charity providing lifelong support and advice to Armed Forces, veterans and their families. SSAFA formerly known as Soldiers, Sailors, Airmen and Families Association.

Help for Heroes

supports those who've served in the UK Armed Forces or have worked under UK command and their families, no matter when or where they served. The Charity provides tailored mental, physical, welfare, and financial support that helps people rebuild their lives and find the peace they deserve. Working in people's homes, communities and online, Help for Heroes' services are available across the UK.

Website: <https://www.helpforheroes.org.uk/>

Telephone number: 0300 303 9888'

RSABI

Freephone 0808 1234 555 Our helpline is available every day of the year, 24 hours a day.

Email: helpline@rsabi.org.uk

Access a confidential web chat service

Supporting People in Scottish Agriculture. By providing practical, emotional and financial support to those working within the Scottish agricultural industry, we are on a mission to support and take care of as many farming people as possible.

Care Information Scotland

Website: <http://www.careinfoscotland.scot>

Provide information and advice about care services for people living in Scotland.

Unpaid carers - National Wellbeing Hub

Website: <https://wellbeinghub.scot/resource-topic/unpaid-carers/>

The National Wellbeing Hub as a resource to promote, enhance and support the psychosocial wellbeing and recovery of unpaid carers, in Scotland.

Carer card UK

supports you when caring for someone

[Carers Card UK - Carers ID Card](#)

It's for anyone that looks after someone that needs help and support.

It provides reassurance by including your Emergency Contact details (ICE), whilst providing Discounts, Wellbeing Hub, Carer Circle tool, and so much more. It costs £8 for 2 years

MECOPP - National service supporting minority ethnic carers to access services & supports.

Website: <https://www.mecopp.org.uk/>

Central Scotland Regional Equality Council - CSREC

Clackmannanshire Advice & Support Service

We offer help to Ethnic minority communities with Housing Benefits, Discrimination, Hate Crime and Immigration.

To book an appointment Telephone: 01324 610950 email: admin@csrec.org.uk

AbilityNet

Clackmannanshire & Stirling Health & Social Care Partnership

Includes a helpline and support for people who have difficulties going online and accessing services. A digital world accessible to all. AbilityNet
SFRS – Scottish Fire and Rescue Service Home fire safety checks. At home Scottish Fire and Rescue Service (firescotland.gov.uk)
Police Scotland For an Emergency for police, Fire and Rescue, Ambulance: Telephone: 999 Police Scotland (Crime Prevention Advice) Non-emergency contact number Telephone: 101
Gas Leak Helpline - Telephone: 0800 111 999 Scottish Water Helpline - Telephone: 0800 0778 778 National Power Cut Helpline - Telephone: 105
Care Inspectorate https://www.careinspectorate.com Regulates and inspects care services in Scotland to make sure that they meet the right standards. They also jointly inspect with other regulators to check how well different organisations in local areas work to support adults and children. Information for the public, the care sector and care professionals is available on their website.
<i>Learning & Physical Disabilities</i>
Council on Disability Telephone: 01786 462178 or 07521186159 email: advisor@councildisability.org Free confidential impartial advice and assistance on any matter relating to Physical and Mental Health.
Enable Scotland - Stirling The Riverbank Centre, James Street, Stirling FK8 1TZ Telephone: 01786 470852 Website: http://www.enable.org.uk We support people with learning difficulties and their families
Artlink Central Phone: 01786 450971 - voicemail only (we will call you back!) Email: info@artlinkcentral.org Artlink Central works with evidence-based practice across all artforms. We produce artist-led participatory programmes that support people with disabilities, or from excluded communities.
Vue Cinema Vue Stirling Cinema Stirling Cinema Film Listings & Times Vue (myvue.com) Vue Stirling hosts an autism-friendly screening at 10.30am on the last Sunday of every month The lights are left on low, the sound is turned down and the trailers and adverts aren't played. When you book your tickets you'll be asked to choose allocated seats.
Forth Valley Disability Sport Gannochy Sports Centre University of Stirling Telephone: 07484 010633 Have a series of classes throughout the year, catering for all types of abilities and ages.

They have a wide range of sports available from Boccia, Para Climbing through to powerchair football, swimming and gymnastic's.
Eleviate

NHS Health Wellbeing Support

Caring for someone NHS 24 provides a range of services to support carers

Many people do not recognise themselves as carers. A carer is anyone who is unpaid for their caring and looks after a friend, family member or neighbour due to old age, physical or mental illness, disability or addiction. There is no minimum amount of time you need to support someone for you to be considered a carer.

Care Information Scotland is a phone, webchat and website service operated by NHS 24, providing information and advice to support carers, including young carers, across Scotland. NHS inform is NHS 24's online health and care information service.

Telephone: 0800 22 44 88 Monday to Friday from 9am to 5pm www.nhsinform.scot

you'll find information on common symptoms and what to do to help look after your own health and wellbeing and the person you are caring for - links below are for specific advice.

Fall prevention Information on how to reduce the risk of falling and what to do if someone you are caring for has a fall. www.nhsinform.scot/falls

Palliative care If you are caring for, or supporting someone who is at the end of their life or who has a terminal illness, we can provide access to advice and help.

www.nhsinform.scot/palliative-care-advice

Mental health services Supporting someone else as a carer can impact your mental health. NHS 24 mental health services can listen, offer advice, and guide you to further help if required. www.nhsinform.scot/mental-health-support
careinfoscotland.scot

you'll find advice about care services, including rights, care home costs and support for you and the person you are caring for.

- All you need to know about social care support
- Home adaptations and telecare
- Support available for unpaid carers Young carers and young adult carers
- How local carers centres can help
- The importance of looking after yourself as a carer

If you have a question about care. Telephone **0800 011 3200** Monday to Friday 9am to 5pm
The service is free, confidential. You can also chat to us online using the webchat button on the website, or e-mail us any questions at: careinformationscotland@nhs24.scot.nhs.uk

Pharmacy First Scotland

Is an NHS service provided by your local community pharmacy. If you or the person you are caring for have a minor illness, a pharmacy is the first place you should go to for advice. You do not usually need an appointment and you can go to any pharmacy. Your local pharmacy may be able to deliver your medicine to you or let you know when it's ready to collect.

How does the service work?

The pharmacist, or a member of their team, will:

- ask about your symptoms
- give advice on your condition
- provide free medication under the Pharmacy First Scotland service (if applicable) or
- recommend an over-the-counter treatment for you to buy

What to do if you run out of medicines.

If you run out of a prescribed medicine when your GP Practice is closed many community pharmacists can help. Find out what medicines they may be able to prescribe from the 'Check your symptoms' page on the NHS24.scot website. www.nhs24.scot/check-your-symptoms/accessing-medicines

Got a Minor Injury? Call first before you attend

If you or a member of your family has an injury that needs urgent or immediate attention, you should call NHS 24 first on 111, day or night for: Healthcare advice – without having to leave home An appointment at a local centre for further assessment or treatment – so you don't need to wait when you attend

The Minor Injuries team can help adults and children over 12 months who have a recent minor injury, including:

- | | | |
|--------------------------|---------------------|-------------------------|
| • Sprains and Strains | Minor Ear Injuries | Infected Wounds |
| • Minor Burns and Scalds | Minor Eye Injuries | Infect Stings and Bites |
| • Suspected Broken Bones | Minor Head Injuries | Minor Burns and Scalds |

If you attend the Minor Injuries Unit without arranging an appointment via NHS 24 may have to wait longer be seen or could be asked to come back later.

You can also call NHS 24 on 111 any time, day or night if you:

- Think you need to attend A&E but it's not life threatening
- Are too ill to wait for your GP Practice, pharmacist or dentist to open
- Need urgent mental health advice and guidance

If your condition is serious or life-threatening dial 999 or go straight to A&E.

[NHS Forth Valley – Right Care Right Place](#) www.nhsforthvalley.com/rightcare

The Scottish Government has launched an updated campaign to help raise awareness of the importance of recovering at home once medical treatment is complete and help people maintain their independence as much as possible as they recover from hospital stays.

Once you have had the care you need in hospital, the best place to recover is at home.

This is because staying in hospital for longer than necessary can:

- Reduce independence
- Reduce muscle strength
- And increase the risk of infection

More information is also available on www.nhsinform.scot/home-first and information and a short video recorded by local clinician Dr Karen Adamson, is also available on the [NHS Forth Valley website](#).

5 steps to improve your mental health

Evidence shows there are 5 steps we can all take to improve our mental wellbeing. Give them a try - you could feel happier and more positive in life.

Connect - with people around you, your family friends, colleagues and neighbours. Spend time developing these relationships.

Be active - You don't have to go to the gym, take a walk, go cycling or play a sport. Find an activity that you enjoy and make it a part of your life.

Keep Learning - Learning new skills can give you a sense of achievement and new confidence. Why not sign up to a cooking course, learn to play a musical instrument or fix your bike.

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Give to Others - Even the littlest things can help, whether it is a smile, a thank you or a kind word. Larger act like volunteering can also greatly improve your mental health.

Be Mindful

Be more aware of the present moment, including your feelings and the world around you. It can positivity change you feel about life and how you approach challenges.

NHS Forth Valley – See Daylight and Feel Better

A new digital therapy in the form of a mobile app is now available for people in Forth Valley who are experiencing symptoms of worry and anxiety. Known as Daylight, it uses science backed cognitive behavioural techniques to guide you through exercises to tackle your worries and feelings and address your fears so you feel more in control.

Falls Hubs, Library Support

Come visit one of our Falls Hubs and pick up resources on how to keep active in later life, strengthen your bones and help you to stay safe on your feet.
supply replacement rubber bottoms for NHS supplied walking sticks, zimmer frames

Fallin Library

Callander Library

Stirling Central Library

Cowie Library

Dunblane Library

Mobile Library Vans

Plean Library

Bannockburn Library

Balfron Library

link <https://www.stirling.gov.uk/community-life-and-leisure/libraries-and-archives/libraries/libraries-for-health-and-wellbeing/>

NHS Falls Local Community Support

It is important to get your eyesight and hearing checked regularly to promote good balance and helps recognise hazards. Visit the NHS Audiology web-page for details on support clinics or **Telephone: 01786 434171**

Having poor foot care may mean people are less able to maintain balance and mobility which can increase the risk of having a fall.

Braveheart Top Toes clinics run throughout Clackmannanshire & Stirling where trained volunteers can help cut your toe nails **Telephone: 01324 6333505** for more information.

If you feel you require professional support for concerns about falls you can contact your GP or self-refer to the ReACH team who can provide a Falls Assessment to help identify ways of reducing your risk of falling. Self-refer - Single Point of Referral **Telephone 01324 673733**

Step on Stress

If you want to learn better ways to manage your stress and deal with common problems like anxiety, low self-confidence, poor sleep and panic then book on to step on stress.

Step on stress is not a group therapy or one to one support. You do not talk about your problems in front of others. Just sit back and learn some great ways to step on stress.

Sessions consist of 3 talks about stress, each session lasts about 60minutes, is open to anyone over 16years of age and you will be given booklets to help you.

To book on line: <https://bookwhen.com/fvstree> To find out more email: fv.hpstress@nhs

Stirling Health Care Village Green Gym

Telephone: Krissy 07825056572

email: krissy.stevenson@tcv.org.uk

We deliver Practical Activities around your Local Health Care Green Space

Help improve this local healthcare greenspace for nature, patients, staff and the public.

Activities include: making homes for nature, planting bulbs, gardening, improving the paths,

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creating a bumblebee hunt and much more! The Green Gym is a fantastic way to get outdoors and improve your physical wellbeing! It is also a great way to meet new people and learn new skills in a relaxed and friendly atmosphere.

The Green Gym runs every Friday from 10am - 12.30pm.

We meet at the Green Room opposite the RSV Café in the main outpatient centre

Bereavement Support

The following bereavement supports provides emotional and practical support to people affected by the experience of grieving the loss of someone important to them, their family, carers and friends.

Practical Support on 'What to do after a death in Scotland

<http://www.gov.scot/collections/what-to-do-after-a-death-in-scotland/>

Scottish Government have prepared a practical guide on 'What to do after a death in Scotland.' This document can be found on the Scottish Government's website

Supports for everyone

Changing Colours - A safe space with grief

Hawkhill Community Centre, 132 Hillcrest Drive, Alloa, FK10 1SB

Telephone: 01259 218139

email: elizabeth@hawkhillcc.org

Wednesday 2pm to 3.30pm Join us for a chat and coffee, listen and be heard

Get support and advice from people who know how you feel.

Cruse Bereavement Care Scotland

Telephone: 0800 808 1677

Website: <https://www.cruse.org.uk>

Provide support to bereaved people in Scotland.

Pushing up the Daisies

Phone: 0300 102 4444

Email: admin@pushingupthedaisies.org.uk

Website: [Pushing up the Daisies | Bringing Death Home](#)

Good Life, Good Death, Good Grief

Phone: 0131 272 2735

Email: office@palliativecarescotland.org.uk

Website: [Good Life, Good Death, Good Grief : Welcome \(goodlifedeathgrief.org.uk\)](http://goodlifedeathgrief.org.uk)

Petal (People Experiencing Trauma and Loss)

Helpline: 01698 324 502

Email: info@petalsupport.com

Website: www.petalsupport.com

NHS inform .

[Moving through grief | NHS inform](#)

Support for those affected by suicide

Booklet – After a Suicide – Practical info and what to expect (Scotland specific)

[After A Suicide.pdf \(supportaftersuicide.org.uk\)](#)

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<p>Touched by Suicide Scotland Provides emotional and practical support through a helpline and group meetings. Helpline: 01294 274273 / 01294 229087 Email: touchedbysuicidescotland@hotmail.co.uk. Website: www.touchedbysuicidescotland.wordpress.com</p>
<p>Survivors of Bereavement Exists to meet the needs and break the isolation of those bereaved by the suicide of a close friend or relative. Helpline: 0300 111 5065 (0900-2100 hours daily) Email: support@uksobs.org Website: https://uksobs.org/</p>
<p>Support for families who have lost a baby or child Forth Valley Sands (Stillbirth & neonatal death charity) Phone: 0845 834 0230 Text: 07748 656478 Email: support@forthvalleysands.org.uk Website: Forth Valley Sands on Facebook</p>
<p>Held in our Hearts Phone: 0131 622 6263 Email: info@heldinourhearts.org.uk Website: https://heldinourhearts.org.uk/</p>
<p>The Scottish Cot Death Trust Phone: 0141 357 3946 Email: contact@scottishcotdeathtrust.org Website: https://scottishcotdeathtrust.org/</p>
<p>The Miscarriage Association Phone: 01924 200799 Email: info@miscarriageassociation.org.uk Website: www.miscarriageassociation.org.uk</p>
<p>Child Bereavement UK (Support for families when a baby or child of any age dies) Phone: 0800 028 8840 Email: helpline@childbereavementuk.org Website: www.childbereavementuk.org</p>
<p>Compassionate Friends (Supports bereaved parents and their families after a child dies) Phone: 0345 1232304 Email: helpline@tcf.org.uk Website: www.tcf.org.uk</p>

These are suggestions of useful contacts numbers of services that provide support to carers within the area. Any service can be added to this list however these are the ones the Clackmannanshire and Stirling Health and Social Care Partnership are aware of at the time of publishing. It is important to highlight that the Clackmannanshire and Stirling Health and Social Care Partnership are not promoting or endorsing services on this list therefore these are solely

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provided for information to widen the choice and control of services you may need to support you in your caring role. It is advisable that you do your own enquiries to ensure your choice is the best fit for your needs and to check the standards of the services.