

# Clackmannanshire & Stirling Carers Support Pack

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| Version                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | July 2026                              |
| <p>This regularly updated pack for unpaid carers has been coproduced with carer support organisations, and unpaid carers with lived and living experience. This pack can be used by practitioners when discussing appropriate supports for carers.</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](mailto: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.

### Stirling & Clackmannanshire Carers

#### **Stirling & Clackmannanshire Carers**

Telephone: 01786 447003

email: [info@stirlingcarers.co.uk](mailto:info@stirlingcarers.co.uk)

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

**Opening times:** Monday – Friday 9am to 4pm

We provide free information, advice and support to unpaid carers aged 7 and over across Stirling and Clackmannanshire.

If you regularly help or look after someone who cannot manage on their own because of illness, disability, mental health needs, addiction or frailty then you may be an unpaid carer. Many people do not think of themselves as carers, but caring can affect your daily life, finances, relationships, health and wellbeing.

You do not have to manage this on your own. We are here to listen, guide you through your options, and help you feel more supported and in control.

#### **We can offer:**

- Friendly, tailored advice and information
- Adult Carer Support Plans and Young Carers Statements
- Practical help and emotional support
- Access to short breaks grants

We also run short breaks, events and activities for both adult and young carers, giving you time away from your caring role and the chance to meet and connect with others who understand your situation.

## Clackmannanshire & Stirling Health & Social Care Partnership

### Central Carers Association

Telephone: 01324 611510

email: [centre@centralcarers.co.uk](mailto: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.

### 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.

## Self-directed Support Forth Valley

Telephone: 01324 35 45 29

email: [info@sdsforthvalley.org](mailto: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

Well Worthwhile Waiting is an information programme for people who are approaching a Social Work assessment or review. It helps individuals and carers understand how Self-Directed Support (SDS) works in Scotland, what to expect from the assessment process, and the different ways support can be arranged should they be assessed as eligible for funded support. SDS applies to all ages – including children as well as older people.

People may be referred to WWW by Social Work while on the waiting list, but self-referrals are also welcome — particularly if someone would like to get ahead and feel more prepared before assessment. Self-referral form: <https://bit.ly/SDSSELF>

### Know Your Options

Know Your Options is a short, accessible introduction to Self-Directed Support (SDS), aimed at anyone who wants a clearer understanding of social care in Scotland. It's particularly useful for carers, people supporting family members, or anyone unsure whether they should approach Social Work or how SDS relates to family carers.

We run regular online KYO sessions, and we're also happy to deliver free sessions for organisations, groups, or volunteers, either online or in person.

To sign up for an online session: <https://bit.ly/SDSFVEvents>

The Scottish Government and Social Security Scotland have developed resources with unpaid carers and stakeholders to help carers find out about their rights and to access the support available to them.

These can be accessed below.

[A helping hand for carers leaflet - mygov.scot](#)

[A helping hand for carers factsheet - mygov.scot](#)

[A Helping Hand for Carers](#)

### 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](mailto: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.

### 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](mailto: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](http://dementiauk.org/book-an-appointment).

For more information visit [www.dementiauk.org](http://www.dementiauk.org),

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

**Service Costs** £30 per hour.

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, and dignity, **Monday of Month: Carers Support Group Bellfield Centre Stirling 10.30am - 12pm** Caring for someone you love this group offers a relaxed welcoming space to talk, listen and connect with other carers.

**Monday: Stirling Social Group at Belfield Centre Stirling, 10am - 2pm (for up to 3 Hours)**  
Enjoy games, music, crafts, conversation in a friendly setting - with respite for unpaid carers.

**Monday: Lunch Club - Rehab Hub Stirling Community Hospital, 1.30pm - 3.30pm**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

**Monday: Alva Brunch Group 10:30am -1:00pm at Alva Parish Church, Alva**  
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**  
Enjoy games, music, crafts, conversation in a friendly setting - with respite for unpaid carers.

**Tuesday: Social Group - Killearn, Village Hall, 2pm - 4pm**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

**Wednesday: Bellfield Lunch group - Bellfield Centre Stirling 12.30pm - 3.00pm**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

**Wednesday: Social Group - North Parish Church Stirling, 2pm - 4pm**  
Enjoy games, music, crafts, conversation in a friendly setting - with respite for unpaid carers.

**Thursday: Social Group - The sport and recreation club Fintry 10am - 12noon**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

**Thursday: Social Group - St Andrew's Church Hall Callander, 10.30am - 12.30pm**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

**Thursday: Peer Support - Bannockburn Hub, 2pm - 4pm (cost £10)**  
A group for people living with dementia sharing experiences and staying connected - with respite for unpaid carers.

**1<sup>st</sup> Thursday of the month: Toastie Thursday - St Mark's Church Raploch 1pm - 3pm**  
A group of people living with dementia share experiences, enjoy food and stay connected.

**Friday: Lunch Group - Rehab Hub, Stirling Community Hospital, 12.30pm- 3.30pm**  
A friendly group with lunch, conversation and gentle activities - with respite for unpaid carers.

## Clackmannanshire & Stirling Health & Social Care Partnership

### Alzheimer Scotland

**Brain Health & Dementia Resource Centre, 2-4- Mill Street, Alloa, FK10 1DT**

Telephone: 01324 559480 email: [falkirkservices@alzscot.org](mailto:falkirkservices@alzscot.org)

**(24 hour Freephone helpline 0808 808 3000)**

**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** <https://www.alzscot.org/centre/alloa/>

**Monday:** Time For You - 11am -3pm - cost £15 per hour / £60 per day

A welcoming day offering personalised therapeutic activity and support for people living with memory difficulties, dementia or mild cognitive impairment. Time For You is a safe, supportive space where people can enjoy group activities, connect with others, and feel a sense of purpose and enjoyment. At the same time, family carers can take a well-deserved break, knowing their loved one is supported by our experienced team.

**Tuesday: Drop in Café - 10.30am to 12noon**

An opportunity to make connections and develop friendships and to support and learn from one another. Information & advice available from our trained staff. **Suggested donation £3 - £5**

**Tuesday: Activity Group - 1.30pm to 3pm Suggested donation £5 - £10**

Fun & therapeutic activities for people living with dementia and carers.

**Wednesday:** Stirling/Clacks Café: 10.30am - 12noon

Join us for a fun filled morning, socialising and catching up over a cuppa. Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. A member of our staff will be available for info & advice.

**Last Wednesday of the month** at 12-2pm is a lunch group at The Birds & Bees Restaurant,

**Thursday: 10.30am - 12noon Suggested donation £3- £5**

Carers Cuppa- Welcoming & friendly safe space offers carers support.

**Brain Gym-** Based on the principles of Cognitive Stimulation Therapy which is an evidence-based programme supported by NICE. This promotes wellbeing, maintains skills and supports self-management for people living with dementia.

Booking required & taster session offered. **Suggested donation £5 - £10**

**Thursday: 1.30pm - 3pm**

**Social Group –** A social group offering a relaxed & welcoming space to meet with peers & trained staff. Each monthly programme of activity is based on agreed group interests to allow you to plan for the month ahead. **Suggested donation £5 - £10**

**Friday: 10.30am - 12noon Suggested Donation £5 - £10**

**Activity Cafe –** a fun social meet up with friends, enjoy a blether over a cuppa & take part in games and activities of your choice.

**Friday:** every other Friday 1pm-3pm **Carer peer support space available.**

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

**Contact details for groups:**

Email: [Aboyd@alzscot.org](mailto:Aboyd@alzscot.org) Tel:07932120685 Email: [Dpriestley@alzscot.org](mailto:Dpriestley@alzscot.org) Tel:07970784950

## 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](mailto: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.

### **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](mailto: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. 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](mailto: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](mailto: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.

### **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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### **Cycling Without Age Scotland**

Telephone David Jardine on 07873 366862 or 01324 467 272

[info@cyclingwithoutage.scot](mailto: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](http://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](mailto: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](mailto: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](mailto: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)

### **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 Doune and Deanston**

Doune Bowling Club email: [karen.cumming@yahoo.co.uk](mailto:karen.cumming@yahoo.co.uk)

**First Thursday of each month 11am - 3pm**

## Clackmannanshire & Stirling Health & Social Care Partnership

### **Dementia Friendly Dunblane Meeting Centre**

Braeport Centre, Dunblane

Telephone: 01786 822 422 or 07815 854343

email: [dfdmeetingcentremanager@gmail.com](mailto: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 Dunblane's Carers' Group**

The Stirling Carer Centre are working in partnership with Dementia Friendly Dunblane to offer a monthly Carers' Group in Dunblane. Open to all Unpaid Carers, the group takes place on **1st Wednesday of the month 2.00pm - 3.30pm**. No need to book, just pop along for a chat.

### **Community Chorus**

**Communities Hub, Raploch Campus, Stirling**

Telephone: 01786 272358

Come along and sing with us, all welcome, free to attend, no singing experience necessary, Intergenerational, Dementia Friendly

**Every Thursday: 12pm to 1pm**

### **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](mailto:info@stirlingcarers.co.uk) or <https://www.stirlingcarers.co.uk/>

### **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](mailto:customerservice@clacks.gov.uk)

#### Family Support Wellbeing 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:** The Hive 21 Mill Street - 3pm to 5pm

**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](mailto:enquiries@the-gate-charity.org)

**Breakfast Bingo** - We meet on the **2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 10am - 11am**

Come along for a friendly chat, refreshments and toast.

**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**.

#### 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 Bowling Club, Menstrie

For more information: <https://www.facebook.com/groups/menstriecommunitycouncil/>

**Wednesday:** 12.30 to 2pm

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

Please join us for soup, sandwiches and cake with tea/coffee **£5.00 per person**

#### Wee County Veterans

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

Telephone: 01259 215363 or mobile: 0750709924

**E-Mail:** [weecountyvets58@outlook.com](mailto: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 Recovery Community Outreach drop-in

Alloa Community Enterprises (ACE) The Whins, Sauchie FK10 3TA

Tuesdays 10.30am to 1pm

Join us to support one another in a safe space with like minded people

Contact Lynne 07593549502 or Jade 7936950528 for more information

### 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](mailto: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

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).

### Forth Valley Men's Shed

Marshall House, Alloa FK10 1AB

Telephone: **07841704083**

Email: [fvmenshed@gmail.com](mailto: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](mailto:weecountymensshed@mail.com)

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

Cuppa and a blether, Wood, metal and bike workshop

### Tullibody Civic Centre

Abercromby Place, Tullibody, Alloa, FK10 2RU

Telephone: 01259 21179

### Older Adults Exercise

Telephone: **07812607425** email: [kcook@clacks.gov.uk](mailto: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](mailto: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:** 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:enquiries@tullibodycdt.org.uk)

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

## Clackmannanshire & Stirling Health & Social Care Partnership

### Line Dancing

01259 211791 email: [enquiries@tullibodycdt.org.uk](mailto:enquiries@tullibodycdt.org.uk)

**Thursdays: 3pm till 4pm and evening class 7.15pm till 8.15pm. (no booking required).**

Classes are based on having fun, exercise, improving balance and coordination and meeting new friends. Complete beginners are welcome. Classes are £5, paid on entry by cash

### Walking Netball

Email: [stirlingnetballclub@gmail.com](mailto: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](mailto: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](mailto: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.

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: [nicolaweedon@centralcarers.co.uk](mailto:nicolaweedon@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](mailto:sensory@forthvalleysensorycentre.org) **Facebook:** [facebook.com/FVSensoryCentre](https://facebook.com/FVSensoryCentre)

### Give a dog a bone

Telephone: 07969742858

email: [louise@giveadogabone.net](mailto: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**

## Clackmannanshire & Stirling Health & Social Care Partnership

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

Telephone: Claire Ford 01259 722262

email: [cford@clacks.gov.uk](mailto: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](mailto:Clacks@neilshugsfoundation.com)

**Clackmannan Stroke Support Group**

Telephone: Kelly Sagar 07756205870 or Donald Park 0746321248

Email: [kellysaga@hotmail.co.uk](mailto:kellysaga@hotmail.co.uk)

The Stroke Meeting is held at the Alloa's Old People Welfare Club, Erskine Street Alloa on the **third Tuesday of each month at 2pm to 4pm**

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**

**Stroke Support Group for young and working age stroke survivors**

The café Whins Community Centre, 132 Hillcrest Drive, Alloa, Fk10 1SB

Email: [engagementteamsotland@strok.org.uk](mailto:engagementteamsotland@strok.org.uk)

Last Friday of every month 12.30pm to 1.30pm

A relaxed, support space to share experiences, advise and encouragement families welcome. Tea and coffee available

**AUTISM CENTRAL**

Hawkhill Community Center

132 Hillcrest Drive, Alloa FK10 1SB

01259 218139 [contact@hawkhillcc.org](mailto:contact@hawkhillcc.org)

lesley.mcdermott@ctsi.org.uk

Autistic adults twice monthly meetings for self-led, peer support, social chat, activities and outings.

**1st & 3rd Fridays** of each month. **6pm to 8pm** no booking required.

**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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### Sauchie Community Group SCIO

Resource Centre, Sauchie

Telephone: 01259 574854

email: [sauchiecommunitygroup@outlook.com](mailto: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

**Friday:** Film club, movie night, from 7pm

### Clackmannan Development Trust - Knit & Natter

Telephone 01259 216705

[www.clackmannancommunity.org](http://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. 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](http://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

### 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.

### 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.

### 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.

### Strathcarron Hospice - Snow Drop Café - Tillicoultry Parish Church

Telephone: Elaine Scott 07488277841

Email: [tillysnowdrop22@gmail.com](mailto:tillysnowdrop22@gmail.com)

**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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### Parkinson's Singing group (Alva)

Telephone: Jim Clifford 01259 781522 or 03001233679

email: [cmacmillian@parkinsons.org.uk](mailto: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.

### 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](mailto:dsforparkinsons@gmail.com)

### Alva Community Café

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

[alvaparishchurch@gmail.com](mailto:alvaparishchurch@gmail.com)

**Tuesday: 10.30am to 12noon**

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

### Hospital Patient Transport Initiative

New pilot health transport initiative, in collaboration with NHS Forth Valley, will support patients from Clackmannanshire to access health appointments at [Falkirk Community Hospital](#) (FCH).

A new direct door to door bus service between Clackmannanshire and FCH will be available for any registered patient accessing FCH on **Wednesdays**.

The service will be available for any patient residing in postcode areas FK10 to FK14

For more information click: [Falkirk Community Hospital Patient Transport Initiative](#)

### Dial-a-Journey

**The Friendly alternative to public transport**

[Door to Door Accessible Transport Terms and Conditions \(clacks.gov.uk\)](#)

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](mailto: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

Email: [stirling@thefoodtrain.co.uk](mailto: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](mailto:sportsdevelopment@clacks.gov.uk)

#### Wee County Walkers

Contact Kelly Sager on Telephone: 07756 205870

email: [kellysagar@hotmail.co.uk](mailto: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.

#### 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

#### Street Soccer Scotland - weekly sessions in Alloa

Telephone: Stuart Lovell on 07534297447

email: [STUART@STREETSOCCERSOTLAND.ORG](mailto:STUART@STREETSOCCERSOTLAND.ORG)

Alloa Athletic Football Club on Tuesdays 12.30 - 13.30

Free football sessions are available ever 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](mailto: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.

#### Dollar Dancers

The Hive Dollar

Telephone: 07892698012 Email: [aaron.james.millar@hotmail.com](mailto:aaron.james.millar@hotmail.com)

**Every Monday 12pm - 1pm**

#### 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

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Stirling Community Groups Stirling</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <p><b>Stirling4Community Men's Group</b><br/> 44 King St, Stirling, FK8 1DT<br/> Telephone: David on 07711 020422<br/> email: <a href="mailto:stirlingmensshed@gmail.com">stirlingmensshed@gmail.com</a><br/> A group for men to meet up together and enjoy craft projects, gardening, day trips for friendship and community.</p>                                                                                                                                                                                                                                                                                         |
| <p><b>Stirling4Community WOMENS' HEALTH &amp; WELL-BEING GROUP</b><br/> The Mayfield Centre, St Ninians<br/> Telephone: Lorna on 07905 747337<br/> A weekly group covering all aspects of Women's health and well-being in a fun and supportive environment<br/> <b>Monday's</b> 6pm to 7pm If you'd like to improve your health and feel better in yourself</p>                                                                                                                                                                                                                                                           |
| <p><b>Stirling4Community ART GROUP</b><br/> Holy Trinity Church Hall, Dumbarton Road, Stirling.<br/> Telephone Jane on 07826 556302<br/> <b>Friday</b> 10.30 to 12noon<br/> A weekly art group for anyone who enjoys drawing and painting or wishes to learn basic techniques and create art. Beginners very welcome</p>                                                                                                                                                                                                                                                                                                   |
| <p><b>STIRLING FRIENDSHIP &amp; WELL-BEING CHOIR</b><br/> Holy Trinity Episcopal Church Hall, Dumbarton Road (next door to Albert Halls), Stirling<br/> Telephone Paula on 07974 371089<br/> No singing skills need - Singing for fun and enjoying each other's company.<br/> Absolute beginners are welcome <b>THURSDAY</b> from 7.30pm to 9pm</p>                                                                                                                                                                                                                                                                        |
| <p><b>Stirling4Community ART GROUP KNIT &amp; STITCH GROUP</b><br/> The Mayfield Centre, St Ninians, Stirling<br/> Telephone: Paula on 07974 371089<br/> <br/> A knitting/sewing group for anyone who likes to make things with wool, material, thread etc, Absolute beginners are very welcome<br/> <br/> <b>Meets weekly on Mondays</b> 10.30 to 12noon</p>                                                                                                                                                                                                                                                              |
| <p><b>Raploch Community Partnership &amp; Inspiring Communities</b><br/> <b>Raploch Community Campus, Drip Road, Stirling FK8 1RD</b><br/> Telephone: 01786 272358 or 07545068942<br/> Email: <a href="mailto:info@inspiringcommunities.org.uk">info@inspiringcommunities.org.uk</a><br/> <a href="https://inspiringcommunities.org.uk/services/how-to-find-us">https://inspiringcommunities.org.uk/services/how-to-find-us</a><br/> To Support people in Stirling realise their potential through activity, enhancing health and social wellbeing and quality of life.<br/> <b>See our What's on events programme</b></p> |
| <p><b>WEDNESDAY WELCOME</b><br/> St Saviour's Episcopal Church Keir Street,<br/> Every Wednesday 11 - 3pm<br/> Access community support &amp; advice<br/> Free Soup, Hot Drinks, Friendly Chat, Crafts, Music &amp; Sensory Garden. <b>All welcome</b></p>                                                                                                                                                                                                                                                                                                                                                                 |

## Clackmannanshire & Stirling Health & Social Care Partnership

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Aunties Community café'</b><br>Cornton Community Centre 37 Johnston Ave, Stirling FK9 5DD<br>Telephone: 01786 437388<br>Tuesday - 12noon - 2pm.                                                                                                                                                    |
| <b>Community Café</b><br>Cornton Baptist Church, Cornton<br>Every Wednesday 11am to 1pm                                                                                                                                                                                                               |
| <b>Bannockburn Community Hub</b><br>25 Quakerfield, Bannockburn<br>Friday 9:00am to 12:00pm<br>Warmhub – open to all<br>Biscuits, tea, and coffee (CAB Adviser on site)<br>Every Wednesday (except last of month) 10.30am to 12pm Tea/Coffee Morning                                                  |
| <b>Ladywell Church</b><br>Morrison Drive, Hillpark, Bannockburn<br>Tea & Coffee Every Third Saturday of the Month 10am to 12pm                                                                                                                                                                        |
| <b>Stirling North Parish Church</b><br>70 Springfield Rd FK77QW<br><b>Telephone:</b> 01786 463376<br><b>Braehead Coffee Pot Café - Wednesday 10:00 – 12:00 Hot drinks</b><br><b>The Hub Braehead - Friday 11:00 – 14:30pm A soup/sandwich type lunch</b>                                              |
| <b>SOUP AND SANDWICH MONDAYS</b><br>Balfour Centre, Balfour Cres, Plean FK7 8DS<br>Telephone: 01786 815787<br><b>Monday: 12.30pm to 2pm</b><br>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 |
| <b>William Simpson Care Home, Plean</b><br>Telephone: 01786 812421<br><b>Every Monday 12pm to 1.30pm</b><br>Soup & Sandwiches and a game of Bingo                                                                                                                                                     |
| <b>Cosy cup Café</b><br>Cowie Community Centre<br>Telephone: 01786 816217<br>Cowie Rural Action Group (GRAG)<br>Monday: 11am to 2pm (see menu)<br>Tuesday: 12pm to 2pm - Soup & a blether<br>Wednesday: 9am to 12pm (see menu)                                                                        |
| <b>Over 50's Lunch Group</b><br>Cowie Community Centre<br>Telephone: 01786 816217<br>Cowie Rural Action Group (GRAG)<br>Every Thursday 12pm to 2pm followed by a game of bingo                                                                                                                        |

## Clackmannanshire & Stirling Health & Social Care Partnership

### **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.

### **Artspace Stirling**

Telephone: 01786 450971

email: [info@artlinkcentral.org](mailto: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.

### **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.

### **Reengage over 75s Social Activity Group in Stirling**

King Robert Hotel, Glasgow Road, Stirling FK7 0LJ

[www.reengage.org.uk](http://www.reengage.org.uk)

Last Sunday of the month 2pm to 4pm

Fully accessible building and Activities

## Clackmannanshire & Stirling Health & Social Care Partnership

### **Stirling Stroke Support Group**

Email: [engagementteamsotland@strok.org.uk](mailto:engagementteamsotland@strok.org.uk)

The Stroke Meeting is held at the Bellfield Community Centre, Community Room.

on the **third Tuesday of each month at 10.00am to 11.30am**

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**

### **Solais Wellness**

Telephone: 07456611157

Email: [hello@solaiswellness.com](mailto:hello@solaiswellness.com)

[www.solaiswellness.com](http://www.solaiswellness.com)

Solais offer private, low-stimulation wellbeing support for carers, check website for more information and costs.

### **Guitar Classes**

Bellfield Centre, Livilands Gate, Stirling

Telephone 07780 870441

**Wednesday 1pm - 3pm**

### **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.

### **Food Train**

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

Telephone: 01786 450536

E mail: [stirling@thefoodtrain.co.uk](mailto: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](mailto: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

#### Golf in Society

Email: John Higgins [john.golfinsociety@gmail.com](mailto:john.golfinsociety@gmail.com)

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

Sessions on Monday afternoons (1pm – 3pm) using the accessible Par 3 course.

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

#### 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 2.30-3.30pm **Meeting point Doune Ponds on Station Wynd**

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 **Methodist Church, Queen Street, Stirling**

Thursday 2pm-2.45 leaving from **Killearn** for meeting point [walking@activestirling.org.uk](mailto:walking@activestirling.org.uk)

Thursday 11am-12pm leaving from Meet at **Tennis Courts, Kings Park Stirling**

Friday 1pm - 1.45pm leaving from **Riverbank Resource Centre Riverside**

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

## Clackmannanshire & Stirling Health & Social Care Partnership

### 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.

**Fintry Sport Club** - Wednesday 11.00am-11.30am

**Forthbank Stadium** - Monday and Friday -1.00pm-1.30pm

**Killearn Church Hall** - Monday - 1.15pm-1.45pm and 2.00pm-2.30pm

**Balfour Centre, Plean** - Tuesday - 2.00pm-2.30pm

**Kippen Village Hall** - Wednesday - 10.00am-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

## Stirling Rural Community Groups

### Royal Voluntary Service

**Balfron Church hall** ( entry is via the back door from the car park)

[admin@balfronchurch.org.uk](mailto: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 (Fortnightly):** 11.30am - 12.15 pm.

Everyone is welcome to stay for the community lunch 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](mailto:Fiona@trustinthepark.org)

**All walks start at 10.20am No need to book just turn up**

**Monday:** Aberfoyle - 10.20am at Riverside Car park behind the Visitor Centre

**Tuesday: Arrochar & Tarbet** meet at Three Villages

**Wednesday: Balloch** meet at The Square, Balloch

**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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### Aberfoyle Changing Place Toilet

For more information about these facilities visit: [www.changing-places.org/find](http://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](http://www.disabilityrightsuk.org/radar-keys)

In emergencies you can phone **01786 404040** to obtain a key from the outside key safe.

### Aberfoyle Memorial Hall

Trossachs Road, Aberfoyle FK8 3SW

Telephone: 01877 382230/705

Email: [aberfoylememorialhall@hotmail.co.uk](mailto:aberfoylememorialhall@hotmail.co.uk)

#### Board Game Night

**Friday 7pm to 9pm** All welcome bring your own games or join in with others Tea coffee and biscuits provided

#### 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. **Mondays 6pm to 8pm and Fridays 2pm to 8pm**

#### Community Get Together Lunch Group

Tuesday 12.30pm to 2.30pm

Lifts available - Telephone: 07774641422 Tuesday (monthly) 11.45am-12.30pm

#### Strength & Balance sessions

Our Monthly Movement sessions are back in partnership with the Aberfoyle Community Lunch. These gentle Strength & Balance exercises are perfect for boosting confidence, improving mobility, and connecting with others.

#### Repair Café - Tuesday 2pm to 4pm

**Love to Dance fitness for all** Telephone: 07859226751 [www.kelliemacmillan.com](http://www.kelliemacmillan.com)

### Gartmore Village Hall

Main Street, Gartmore, FK8 3RW

Tel : 07912 035504 Email : [info@gartmore.org.uk](mailto: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. Linda is a Registered Osteopath and Body Control

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

Telephone Linda 0775 8496820 [email@talltreesaberfoyle.co.uk](mailto:email@talltreesaberfoyle.co.uk) [www.talltreesaberfoyle.co.uk](http://www.talltreesaberfoyle.co.uk)

#### Gartmore Community Cinema

**One Friday a month**, Door and Bar open at 7.30pm, Screening starts at 8pm

**Forest Theatre Company** - The Forest Theatre Company stage fantastic annual productions in the Village Hall, Would you like to get involved?

Telephone: Victoria Glasse-Davies 07769 792331 email: [vgd1105@hotmail.com](mailto:vgd1105@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 email: [madeiratranslations@yahoo.co.uk](mailto:madeiratranslations@yahoo.co.uk)

#### Sewing & Quilting Group - Wednesdays : 10:00am - 12:30pm

Telephone: Catherine Reed 07814 009582 email: [cath.reed.304@btinternet.com](mailto:cath.reed.304@btinternet.com)

#### Craft Group - Thursdays : 10:00am - 12:30pm

Telephone: Anne Tomlinson 01360 661451 email: [norrie.tomlinson@gmail.com](mailto:norrie.tomlinson@gmail.com)

## Clackmannanshire & Stirling Health & Social Care Partnership

### 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

### 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](https://www.facebook.com/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](https://www.facebook.com/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.

#### 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.

#### Reengage over 75s

[www.reengage.org.uk](http://www.reengage.org.uk)

Trust Housing, 15 Church Street, Callander, FK17 8EW

Email: Elaine Burch - [Elaine.Burch@reengage.org.uk](mailto:Elaine.Burch@reengage.org.uk)

#### Singing With Mhairi

Every last Friday of the month 1pm to 2.30pm (free)

Light refreshments and socialising – singing optional.

## Clackmannanshire & Stirling Health & Social Care Partnership

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Callander Bridge Club</b><br>Meets in the Old Bank Restaurant Callander<br>Email: <a href="mailto:geoffrey.reid1@gmail.com">geoffrey.reid1@gmail.com</a><br>Every Wednesday at 6.45pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>Citizens Advice Bureau</b><br>Tel: 07852 631386<br>Email: <a href="mailto:amanda.arkell@stirlingcab.casonline.org.uk">amanda.arkell@stirlingcab.casonline.org.uk</a><br>Free, impartial, independent, confidential. Every 2nd Wednesday 10am - 4pm at Callander Library. Drop in - no appointment necessary.                                                                                                                                                                                                                                                                                                                                         |
| <b>Callander Ramblers</b><br>Telephone: 01877 382682 email: <a href="mailto:paulgprescott@googlemail.com">paulgprescott@googlemail.com</a><br>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. <a href="#">2024 Ramblers Walks Programme (PDF)</a>                                                                                                                                                                                                                        |
| <b>Walk in the Park in Callander</b><br>Telephone: 07843842323<br>email: <a href="mailto:Fiona@trustinthepark.org">Fiona@trustinthepark.org</a><br><br><b>Every Tuesday:</b> 10.20am at Ancaster Square, Callander <b>No need to book, just turn up</b><br>Walks are followed by optional refreshments in a local coffee shop/hotel<br>We welcome people living with dementia, and their carers on our walks.<br><br><b>Strength and Balance session</b><br>Held weekly on Tuesday 2pm to 3pm<br>Held on 1st Floor, McLaren Leisure Centre, Mollands Road, Callander, FK17 8JP<br>Gentle exercise session for older adults although anyone can benefit. |
| <b>Callander Film Society</b><br>email <a href="mailto:callanderfilmsociety@gmail.com">callanderfilmsociety@gmail.com</a><br>Membership is open to anyone over 16 and gives free entry to all films in the current season. Screenings are at Callander Hostel, Bridgend                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Callander Bike Meander Group</b><br>Ancaster Square, Callander<br>Telephone: Colin Welsh (01877) 339074 or 07963 736044<br>email: <a href="mailto:colintross2@aol.com">colintross2@aol.com</a><br><b>Tuesday:</b> 10am, This group is ideal for beginner/returner cyclists                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Callander Bowling Club Ancaster Road, Callander, FK17 8EL</b><br><b>Telephone:</b> 01877 330333<br><b>Wednesday:</b> afternoons from 2pm<br>A small friendly bowling club that are always looking for new members                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Callander Golf Club</b><br>Aveland Road, Callander<br>Telephone 01877 330090<br>email <a href="mailto:callandergolf@btconnect.com">callandergolf@btconnect.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |

## Clackmannanshire & Stirling Health & Social Care Partnership

### Senior Craigard Lunch Club

Callander Youth Project Building

**Every Thursday 11:30am - 1:30pm**

contact: Ann Docherty email: [anne.handbells@gmail.com](mailto: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](mailto:callander@rbls.org.uk)

Website: [www.legionscotland.org.uk/callandar-branch](http://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. 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.

**For more information on the route and fares visit the Stirling Council website.**

### U3A – University of the Third Age

[Callander & West Perthshire \(u3asite.uk\)](http://u3asite.uk)

**u3a** is for anyone who is no longer in full-time work and there is **no age limit**.

Here, in the *Callander and West Perthshire Branch*, 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 *Zoom*. 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**

#### Re-connect meet weekly

**Community Church Room:**

**Telephone: 07754 584968**

#### McLaren Hall-

Adult Badminton, Monday - 7 to 9pm

## Clackmannanshire & Stirling Health & Social Care Partnership

### 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.

**Citizens Advice Bureau** - Whatever you need to know about benefits, we're here to offer you free, impartial and confidential advice.

### Killin Community Rooms

**Booking required on 07866 018629**

**Tuesday:** Bee Creative, 10am-12pm

**Tuesday Club:** 2pm – 4pm

**Tuesday:** Pilates, 5.00pm & Friday 9am, 10am & 11am **booking required**

**Wednesday: Walk in the Park, refer to schedule for locations.**

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 exercises, 2pm to 3pm, Killin & Ardeonig Church Hall

email: [fiona@trustinthepark.org](mailto:fiona@trustinthepark.org)

[www.trustinthepark/walk-in-the-park/](http://www.trustinthepark/walk-in-the-park/)

**Friday:** Pilates, 9am, 10am and 11am Lesser McLaren Hall **Booking Required**

**U3A Art - Tuesday's, 2pm to 4pm**

**Currently being held in Lochearnhead Hall**

### Killin Community Choir

Killin Church

**Wednesday** 7.30pm to 9pm

### Killin and District Volunteer Car Scheme

To book Telephone: 07988280743

Email: [killinanddistrictvolunteercarscheme@outlook.com](mailto: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.

### Strength & Balance sessions

**Crianlarich Village Hall**

Thursday: 2.00pm – 3.00pm

Held in Crianlarich Village Hall, and in partnership with Strathfillan Community Development Trust. Join us for this fun, sociable session, and stay for a cuppa and a chat afterwards.

### General Supports & Information

#### **ALISS**

email: [www.aliss.org](http://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](mailto: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](mailto: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/](http://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.

#### **Reengage**

**Are you aged 75 or over and living alone?**

**Then you could be enjoying a regular chat over the phone with a call companion.**

Call companions is a free service for older people who are lonely, isolated or in need of companionship and feel they would enjoy a friendly phone call every week or two.

**Whatever you chat about, it will help lift your spirits; make you feel whole again and more connected to the world**

To find out more, phone us on **0800 716 543** (calls are free) or visit [www.reengage.org.uk](http://www.reengage.org.uk)

Call companions is completely free.

#### **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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### 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      Website: [fvu3a.org.uk](http://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.

Find out more about your local library, including a guide to the services, support and activities

**Clackmannanshire Council:** - Telephone: 01259 452262

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

**Stirling Council:** - Telephone: 01786 237760 or visit the [Libraries in Stirling](#) page to find out more about your local library & **Mobile 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](mailto: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](http://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 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.

#### **OUTREACH TEAM CONTACT DETAILS**

Lynne 07936 951 502 AROS Co-ordinator Email: [aroscoord@recoveryscotland.org.uk](mailto:aroscoord@recoveryscotland.org.uk)  
Paul Dickson 07706 326 629 (Stirling ) Email: [pdickson@recoveryscotland.org.uk](mailto:pdickson@recoveryscotland.org.uk)  
Jade Rennie 07936 950 528 ( Alloa ) Email: [jrennie@recoveryscotland.org.uk](mailto:jrennie@recoveryscotland.org.uk)

#### **Assertive Recovery Outreach Drop-in Plean Community Centre 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.

**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](mailto:fvfamilies@sfad.org.uk) [www.sfad.org.uk](http://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 peoples' 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.

## Clackmannanshire & Stirling Health & Social Care Partnership

**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>

### 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.

## 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.

### 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

### 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.

**Anxiety UK - Helpline: 03444 775 774 Text support: 07537 416 905**

Lines open - Monday – Friday, 10.30am - 16.30pm 07912680021

### Action in Mind

telephone 01786 45120 or email at [info@actioninmind.org.uk](mailto:info@actioninmind.org.uk)

Our Befriending Team works with individuals who experience poor mental wellbeing and are socially isolated by giving them the opportunity to regularly meet with a volunteer befriender.

Our Befriending Service is only funded to support people living in Stirlingshire, Scotland.

### Mental health services

[www.nhsinform.scot/mental-health-support](http://www.nhsinform.scot/mental-health-support)

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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### **Kooth – Free, Safe and Anonymous Mental Health Support**

#### **Who it's for:**

Young people aged **10–26** in **Clackmannanshire & Stirling**.

#### **What Kooth offers:**

- Chat with a professional team
- Supportive online community
- Helpful self-care articles
- Private online journaling

#### **Access support 24/7**

Whether you're struggling or just need someone to talk to, Kooth provides a safe space to share experiences, get advice, and connect with others.

**Sign up at:** [kooth.com](https://kooth.com)

### **Artlink Central**

Telephone: **01786 450971** - voicemail only (we will call you back!)

Email: [info@artlinkcentral.org](mailto: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.

<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.

### **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 .

## **Physical Health & Wellbeing**

### **Chest Heart and Stroke Scotland**

**Website:** <https://www.chss.org.uk/>

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](mailto: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

### **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](mailto:sensory@forthvalleysensorycentre.org)

**Facebook:** [facebook.com/FVSensoryCentre](https://facebook.com/FVSensoryCentre)

### **Strathcarron Hospice Live Your Life Team**

Telephone: **01324 827383** Email: [fv.scliveyourlife@nhs.scot](mailto: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/>

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.

**Telephone number: 0300 303 9888'** Website: <https://www.helpforheroes.org.uk/>

### **RSABI**

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

Email: [helpline@rsabi.org.uk](mailto: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.

## Clackmannanshire & Stirling Health & Social Care Partnership

### 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](mailto:admin@csrec.org.uk)

### AbilityNet

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.

## Learning & Physical Disabilities

### Council on Disability

Telephone: 01786 462178 or 07521186159 email: [advisor@councildisability.org](mailto: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

## Clackmannanshire & Stirling Health & Social Care Partnership

### Artlink Central

Phone: 01786 450971 - voicemail only (we will call you back!) Email: [info@artlinkcentral.org](mailto: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 no trailers or adverts are played.

### 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 gymnastics.

## 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.

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](http://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](http://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](http://www.nhsinform.scot/palliative-care-advice)

[careinfoscotland.scot](http://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](mailto:careinformationscotland@nhs24.scot.nhs.uk)

### 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

Mobile Library Vans

Callander Library

Plean Library

Stirling Central Library

Bannockburn Library

Cowie Library

Balfron Library

Dunblane 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](mailto:fv.hpstress@nhs)

### Stirling Health Care Village Green Gym

Telephone: Krissy 07825056572

email: [krissy.stevenson@tcv.org.uk](mailto: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, 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](mailto:elizabeth@hawkhillcc.org)

#### **Cruse Bereavement Care Scotland**

Telephone: 0800 808 1677

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

Provide support to bereaved people in Scotland.

#### **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 \(supportaftersuicide.org.uk\)](#)

#### **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](mailto:touchedbysuicidescotland@hotmail.co.uk).

**Website:** [www.touchedbysuicidescotland.wordpress.com](http://www.touchedbysuicidescotland.wordpress.com)

#### 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](mailto:support@uksobs.org)

**Website:** <https://uksobs.org/>

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 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.