



Town Break
Dementia Support Services

Supporting People Living with Dementia Across Forth Valley

Empowering individuals and their
unpaid carers through compassionate,
person centered support.



Welcome to Town Break Dementia Support

Compassionate, community-based support for people living with dementia and their unpaid carers across Forth Valley.

For over 30 years, Town Break Dementia Support has been at the heart of the local response to dementia. Based in Stirling and serving the wider Forth Valley area, we provide a range of high-quality, personalised services that make life brighter, calmer, and more connected – for both individuals living with dementia and their unpaid carers.

We believe in a Forth Valley where people with dementia are understood, valued, and supported to live well – and where unpaid carers are recognised and given space to breathe.

Our team of trained staff and dedicated volunteers deliver thoughtful, friendly support in homes, communities, and group settings – always with dignity and compassion.

Our Mission

To inspire and enable people across Forth Valley to live well with dementia.

Our Promise

- We listen first.
- We personalise every service.
- We build meaningful connections.
- We support the whole family.
- We treat every person with respect.



“Town Break has changed our lives. It’s not just support - it’s belonging.” - Unpaid Carer



Visit our website to learn more about
our services: www.townbreak.org

“Town Break - its activities and staff - have made it possible for me to look after my loved one for much longer than would otherwise have been possible. I got to be with the person I love for longer as a result. Thank you!” - unpaid carer

More Than Just Support - It's Town Break Support

Town Break Dementia Support is a local Forth Valley charity dedicated to improving the lives of people living with dementia and their unpaid carers.

For over 30 years, we've supported individuals and families with care that's compassionate, personal and shaped around each person's unique story.

Whether it's joining a session, receiving one-to-one support at home or sharing experiences in a peer group, Town Break is here to help people live well with dementia.

Support That Fits You

Every service we offer - from group activities to quiet one-to-one time - is designed to offer comfort, stimulation and connection.

We work alongside families and unpaid carers to provide trusted support that truly makes a difference. You won't find one-size-fits-all here. We listen, we adapt and we build relationships that last.

A Break That Makes a Difference

Everyone comes to Town Break looking for something different - whether it's guidance and information, a chance to laugh and chat, space to unwind, meaningful activity or simply a few hours to themselves. And whether you're living with dementia or caring for someone who is, you'll always be welcomed with kindness and respect. Whatever support looks like for you, we're here to help make it feel just right.

Because there really is nowhere quite like Town Break.



“Town Break feels like a second home - not just for Mum, but for me too.” - Unpaid Carer

What's Included with Town Break Support

Whether you're spending time at one of our services, receiving Town Break at Home, or joining a peer support group, you can expect thoughtful, personalised support designed around what matters most to you.

Here's what's included:

- Person centred support from a trained dementia team and volunteers.
- Cognitive Stimulation Therapy (CST) activities proven to help maintain memory and thinking skills.
- A calm, welcoming environment tailored to each individual's needs and preferences.
- Delicious lunches and refreshments.
- A flexible structure with a mix of group activities, quiet time, music, film and conversation.
- Social connection and companionship in a safe comfortable space.
- Personalised plans, created after an initial visit and tailored to the individual's interests and abilities.



- A listening ear or guidance - whether you're living with dementia or caring for someone who is, we're here for you.
- Support for unpaid carers, including peer groups and time to rest or attend appointments.
- Peace of mind knowing the person you care for is in safe, compassionate hands.

Optional Extras

- Outings and community activities
- Themed days, seasonal events, and musical sessions

Easy to Access

- Whether you've received a diagnosis or are looking for support as an unpaid carer, Town Break is ready to help. It's easy to get in touch - no jargon, no judgement, just a warm welcome and practical support.

“The staff and volunteers are so understanding. They really know how to make everyone feel seen and heard.” - Unpaid Carer



A Meaningful Break for Carers



“Town Break gives me time to breathe. I know my husband is happy and cared for, and that makes all the difference.” - Unpaid Carer

Because dementia affects families, not just individuals.

At Town Break, we know that dementia doesn't just affect the person diagnosed - it touches families, friends and carers too. That's why everything we do is designed to support both the individual and the people who care for them.

Whether it's a few hours of support at home or group session, our services give unpaid carers time to rest, recharge, or simply catch up on everyday life - with peace of mind that their loved one is in safe, compassionate hands.

For Carers, This Means

- Time to attend appointments, go for a walk, see friends or simply relax.
- Knowing your loved one is enjoying engaging activities and meaningful company.
- Emotional support connections, where carers can connect and share with others who understand.

Some people come to Town Break on their own. Others attend with support from family or a friend. However you engage with us, we're here to make life a little lighter, for everyone involved.



Town Break wouldn't be possible without our amazing volunteers, who generously give their time to help deliver our support and bring kindness and connection to everything we do - Thank you!

What Our Services Cost

At Town Break Dementia Support, we deliver a range of flexible, community based services designed to support people living with dementia - and the unpaid carers who care for them. From small group gatherings to personalised home visits, everything we do is focused on compassion, connection and choice. There are our prices from September 2025.

Service	What It Includes	Cost Per Session
Lunch Group	A friendly group with a hot lunch, conversation and gentle activities.	£15.00
Brunch Group	Morning gathering with light food, tea/coffee and social time.	£12.00
Social Group	Games, music, crafts, and fun activities in a safe, relaxed space.	£10.00
CST Group	Structured group sessions to support memory and thinking.	£6.00
Peer Support Group	Supportive, small groups for people living with dementia to share experiences and stay connected.	£10.00
Town Break at Home	One-to-one visits at home or in the community. No personal care, just company.	£30 per hour
Day Break	A full day of group support with lunch, CST activities, rest time and music.	£60 per day

Why Do We Charge for Services?

Town Break is a local Forth Valley charity that relies on a mix of grants, donations and income from services to deliver support to people living with dementia and their unpaid carers.

Most of our grant funding is short term and can be unpredictable, which makes it hard to plan ahead. To continue - and grow - our services, we need to show that we can raise some of our own income too.

What Your Payment Helps Us Provide

These charges help us cover the real cost of delivering high quality, person centred support, including:

- Hiring, training and maintaining skilled, compassionate staff.
- Providing meals, materials and meaningful activities.
- Insurance and safe venues
- Investing in our systems and safeguarding

We work hard to keep costs affordable and fair, and every penny goes directly back into supporting local families living with dementia.

If cost is a worry, please speak to us. We may be able to help you find support or work out a flexible option.



Town Break
Dementia Support Services



Your Questions, Answered

Do I need a diagnosis to come along?

Our criteria for referral is you must have a diagnosis or evidence of cognitive impairment. However, if you or someone you care about is showing signs of memory loss or confusion, get in touch - we're here to help.

Where do the groups take place?

We run groups in Stirling, Falkirk, Clackmannanshire, including the rural areas of Forth Valley. We'll help you find the service for you.

What does it cost?

We ask for a contribution towards the cost of our services. This helps us keep the charity going. If money is a worry, speak to us confidentially - we may be able to help.

Why do you charge for services?

We receive some short term grants, but we need to raise extra money to keep our support running. Every pound helps provide care, activities and connection.

What if I'm a carer?

We support unpaid carers too. Whether you need a break, advice, or someone who understands - we're here for you.

How can I donate?

There is a number of ways that you can donate to support Town Break. By making a donation more people affected by dementia will benefit from our support. Please visit www.townbreak.org/waystomakeadonation

Still unsure?

Call us on 01786 641 841 or visit www.townbreak.org - we're happy to chat.



How to Make a Referral

Who can refer?

- You
- A family member.
- Health or social care professionals (including social workers).
- Friends, carers or other trusted people.

How to Get Started

Call us: 01786 641 841

Email us: admin@townbreak.org

Referral form: www.townbreak.org

Visit Us:

Town Break Dementia Support, 1 Springkerse Road, Stirling, FK7 7SN.

Not sure where to start?

That's ok - just get in touch

We'll listen, answer your questions and guide you every step of the way.



With a Little Help from Our Friends

Our supporters make it all possible. We wouldn't be here without the kindness, time and generosity of those who believe in what we do.

- **Funders & Grant Providers** - Thanks to organisations and charitable trusts, we can continue to support people across Forth Valley.
- **Community Supporters** - Local businesses and community organisations help us raise funds, run events and spread the word about dementia.
- **Volunteers** - Our incredible volunteers give their time, skills and hearts to everything we do - from supporting groups to providing friendly faces.
- **Donors & Fundraisers** - Every donation, cake sale, coffee morning and sponsored walk makes a difference. You are part of every smile we create.
- **Partners** - We work closely with health and social care professionals, community venues and other charities to offer the best support possible.



2025 Year Planner

Know when our services are open and when we take a break. Our services usually run all year round, with breaks during some holidays. Here's a simple guide to help you plan ahead.

Please note:

- This covers all services.
- We will always give plenty of notice if any dates change.
- If you're unsure, just call us on 01786 641 841.

Need extra support during breaks?

Talk to us - we can signpost you to help you plan ahead.

Closure Period	Reason	What to Expect
Two weeks in December/January	Christmas and New Year Holidays	All services paused. Dates confirmed each year in advance.
Good Friday	Easter Holiday	Closed for the day - You'll be reminded in advance.
Easter Monday	Easter Holiday	Closed for the day - You'll be reminded in advance.

