

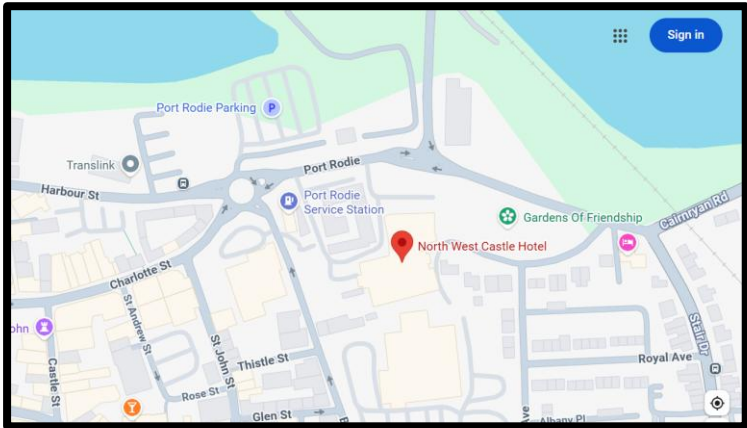
Stranraer In-Person Event



Saturday 26th September 2026

Here is all the information you need for the event, but if you have any other questions, please:

email: hello@thinkdifferentlydg.org.uk or phone / text: 07725 479371.

Picture	Information
 	The event will take place at: North West Castle Hotel Port Rodie Stranraer DG9 8EH We will be in the Castle Lounge on the lower ground floor (with lots of natural daylight). There is a door that leads directly to the car park from the Castle Lounge. The Castle Lounge can also be accessed directly by lift or stairs from the main reception area. There is an accessible toilet. The event is drop in so you can arrive any time after 2pm and leave any time before 4pm. Think Differently will be the only group using these rooms.



A member of our team will be **outside the building to meet people between 1.45-2.15pm.**

After 2.15pm, you will see our team members inside.

They will be wearing **purple Think Differently t-shirts** with our logo on them.



We will have refreshments available **free of charge**, including some dairy/wheat free alternatives.

You can help yourself to tea/coffee, diluting juice, water and biscuits.

Who will be there?



Joanne Dunn

Think Differently Project Worker



Ally Nicolas

Think Differently Project Worker



Rebecca Giblin

Management Committee
Secretary, Think Differently DG

Other members of the Management Committee may also drop in.

What will we be doing?

There will be a range of activities that you can participate in but please do not feel that you have to.

There is no pressure to talk or participate.

You can write down any suggestions or feedback instead and you are welcome to ask one of the team to help you.

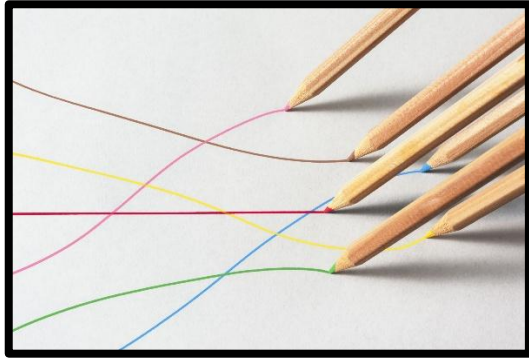
Here are some of the activities available.



Health and Wellbeing

Sharing strategies of what you do to give yourself a boost (indoor and outdoor activities).

You can work on ideas on your own or as a group and our team will be happy to help you.



Art

We will have some mindfulness colouring that you can do while you chat, watch or listen.



Suggestions Box

We would like to ask for your ideas on the following:

- Suggestions on future activities
- What might get in the way of you taking part and how can we help?

You can work on ideas on your own or as a group and our team will be happy to help you.

**Volunteer
with**



Volunteer Update

Our team can give you an update if you would like to hear about our volunteering opportunities.

You are welcome to let us know what your interests are.

We can work together in the future so you could have volunteering activities that meet your needs.

Some final thoughts

- Remember everyone will be a bit nervous, and that is totally normal. You only need to take part as much as you feel comfortable to.
- You can write all your ideas down if speaking out feels hard. If writing is difficult, let us know and one of our team will help you.
- If you wish to talk to a member of the Think Differently team in private, please let us know.
- If you need to take a break or sit in a quiet area, please do so.
- We will have a box of toys to fidget with if that helps to calm you or aid concentration.
- If there is anything we have not thought about in terms of how to make this event safe or accessible for you, please let us know.
- Remember if there is anything we have not covered in this document and you need more information please:

email us: hello@thinkdifferentlydg.org.uk or

phone / text us: **07725 479371** (including on the day)