

# What's on July 2024 - Glasgow



Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome. If you need help to attend though, please come with a companion who can provide any support you need. Unfortunately, we are unable to provide transport for these groups and would therefore gently remind you that it is your responsibility to get to and from this community activity, safely.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

<b>Mon 1<sup>st</sup> July</b>	<b>Younger Persons Café – under 65</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	<b>10.30am – 1.30pm</b>
	<b>Oxford Street Café</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.30am – 12noon</b>
	<b>Chair Yoga &amp; Café</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>1.30pm – 2.30pm</b>
<b>Tues 2<sup>nd</sup> July</b>	<b>Post Diagnostic Support Drop-In Café Over 65's</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.00am – 12 noon</b>
	<b>Musical Minds Café</b> The Park Church, Ravenscliffe Drive Giffnock G46 7QS	<b>1.30pm – 3.00pm</b>
<b>Wed 3<sup>rd</sup> July</b>	<b>About Digital and Me (ADAM) Drop-In</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.30am – 12.30pm</b>
<b>Thurs 4<sup>th</sup> July</b>	<b>Brigton Café</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	<b>10.30am – 12.30pm</b>
	<b>Allotment</b> Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	<b>2.00pm – 4.00pm</b>
<b>Fri 5<sup>th</sup> July</b>	<b>Friday Fitness</b> Alzheimer Scotland Brain Health &	<b>11.00am – 12noon</b>

	Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	
<b>Mon 8<sup>th</sup> July</b>	<b>Younger Persons Café – under 65</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	<b>10.30am – 1.30pm</b>
	<b>Oxford Street Café</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.30am – 12noon</b>
	<b>Brighton Art Group</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1B	<b>2.00pm – 3.30pm</b>
<b>Tue 9<sup>th</sup> July</b>	<b>Post Diagnostic Support Drop-In Café over 65s</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.00am- 12 noon</b>
	<b>Partick Thistle Football Memories</b> Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	<b>10.30am – 12noon</b>
	<b>Screen Memories</b> Alzheimer Scotland Day Care 9 Bridgeton Cross G40 1BN	<b>11.00am – 12noon</b>
<b>Wed 10<sup>th</sup> July</b>	<b>About Digital and Me (ADAM) Drop-In</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.30am – 12.30pm</b>
<b>Thurs 11<sup>th</sup> July</b>	<b>Brigton Café</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	<b>10.30am – 12.30pm</b>
	<b>Allotment</b> Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	<b>2.00pm – 4.00pm</b>
<b>Fri 12<sup>th</sup> July</b>	<b>Friday Fitness</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>11.00am – 12noon</b>
<b>Mon 15<sup>th</sup> July</b>	<b>Younger Persons Café – under 65</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	<b>10.30am – 1.30pm</b>
	<b>Oxford Street Café</b> Alzheimer Scotland Brain Health & Dementia Resource Centre	<b>10.30am – 12noon</b>

	<p>81 Oxford Street, Glasgow G5 9EP</p> <p><b>Chair Yoga &amp; Café</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p><b>Coffee &amp; Culture at the Burrell Collection</b> Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT</p>	<p><b>1.30pm – 2.30pm</b></p> <p><b>2.00pm – 4.00pm</b></p>
<b>Tues 16<sup>th</sup> July</b>	<p><b>Post Diagnostic Support Drop-In Café over 65s</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p><b>Carer's Café</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p><b>10.00am – 12noon</b></p> <p><b>6.00pm – 8.00pm</b></p>
<b>Wed 17<sup>th</sup> July</b>	<p><b>Hampden Football Conversations Alzheimer Scotland</b> Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p>	<p><b>12.30pm – 2pm</b></p>
<b>Thurs 18<sup>th</sup> July</b>	<p><b>Brighton Café</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p><b>Are ye dancing?</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p><b>Allotment</b> Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW</p>	<p><b>10.30 – 12.30pm</b></p> <p><b>1.00pm – 2.30pm</b></p> <p><b>2.00pm – 4.00pm</b></p>
<b>Fri 19<sup>th</sup> July</b>	<p><b>Friday Fitness</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p><b>We Sing Together Group</b> Alzheimer Scotland Brain Health &amp; Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p><b>11am – 12noon</b></p> <p><b>1.30pm – 3.00pm</b></p>
<b>Mon 22<sup>nd</sup> July</b>	<p><b>Younger Persons Café – under 65</b> Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p>	<p><b>10.30am – 1.30pm</b></p> <p><b>10.30am – 12noon</b></p>

	<p><b>Oxford Street Café – With Matt from Home Energy Scotland</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>2.00pm – 3.30pm</b></p> <p><b>Brigton Art Group</b>  Alzheimer Scotland  Bridgeton Resource Centre,  11 Bridgeton Cross G40 1BN</p>	
<b>Tues 23<sup>rd</sup> July</b>	<p><b>Post Diagnostic Support Drop-In Café over 65s</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>10.00am – 12noon</b></p> <p><b>Tea &amp; Blether Dementia Café</b>  Hillington Park Parish Church  Main Door Entry  25 Berryknowes Road  Cardonald Glasgow G52 2UD</p> <p><b>12.30pm – 2.00pm</b></p>	
<b>Wed 24<sup>th</sup> July</b>	<p><b>About Digital and Me (ADAM) Drop-In</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>10.30am – 12.30pm</b></p>	
<b>Thurs 25<sup>th</sup> July</b>	<p><b>Brigton Café</b>  Alzheimer Scotland  Bridgeton Resource Centre,  11 Bridgeton Cross G40 1BN</p> <p><b>10.30 – 12.30pm</b></p> <p><b>Are ye dancing?</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>1.00pm – 2.30pm</b></p> <p><b>Easterhouse Drop-In Café</b>  Easterhouse Sports Centre  <u>12 Auchinlea Road</u>  <u>G34 9HQ</u></p> <p><b>1.00pm – 3.00pm</b></p> <p><b>Allotment</b>  Alzheimer Scotland  Bellahouston Park, Dumbreck Road G41 5BW</p> <p><b>2.00pm – 4.00pm</b></p>	
<b>Fri 26<sup>th</sup> July</b>	<p><b>Friday Fitness</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>11.00 – 12noon</b></p>	
<b>Mon 29<sup>th</sup> July</b>	<p><b>Younger Persons Café – under 65</b>  Alzheimer Scotland  Bridgeton Resource Centre,  11 Bridgeton Cross G40 1BN</p> <p><b>10.30am – 1.30pm</b></p> <p><b>Oxford Street Café</b>  Alzheimer Scotland Brain Health &amp; Dementia Resource Centre  81 Oxford Street, Glasgow G5 9EP</p> <p><b>10.30am – 12noon</b></p>	

	<b>Chair Yoga &amp; Café</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>1.30pm – 2.30pm</b>
<b>Tues 30<sup>th</sup> July</b>	<b>Post Diagnostic Support Drop-In Café over 65s</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.00am – 12noon</b>
<b>Wed 31<sup>st</sup> July</b>	<b>About Digital and Me (ADAM) Drop-In</b> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	<b>10.30am – 12.30pm</b>

Online Groups for when you can't make it into the centres or want to watch from home.

<b>Online Group</b>		
<b>Every Wednesday</b>	<b>Transatlantic Jukebox Days</b>	<b>3.30pm – 4.15pm</b>

**contact Jan Watson for the link on 07407 814641 or [jwatson@alzscot.org](mailto:jwatson@alzscot.org)**

## Alzheimer Scotland Virtual Resource Centre (VRC)

You can now take part or view a range of groups, activities and talks **online** from the comfort of your home. You will need to book a slot on most of the live groups but can watch others at any time. You will find the calendar and booking links on the VRC page [here](#) . There is a short video further down that page to show you how to access the groups.

Any problems contact - **Suzie Beresford** [SBeresford@alzscot.org](mailto:SBeresford@alzscot.org)

### Contact details for groups:

#### Younger Persons Monday Café

Younger Persons Post Diagnostic Link Worker & monthly advice drop in.

Jane Brown - Email: [jbrown@alzscot.org](mailto:jbrown@alzscot.org)

**Tel: 07825 948 902**

#### Post Diagnostic Support Drop-In Café over 65

Janice Stewart - Email: [jstewart@alzscot.org](mailto:jstewart@alzscot.org)

**Tel: 07584 408 192**

#### Weekly Monday Oxford Street Café

**Are ye Dancing, Chair Yoga**

**Dance Exercise Classes**

Lorna Shand - Email: [lshand@alzscot.org](mailto:lshand@alzscot.org)

**Tel: 07769 367 773**

#### About Digital and Me – *Please give Rachel a call to arrange.*

Rachel McLauchlan - Email: [rmclauchlan@alzscot.org](mailto:rmclauchlan@alzscot.org)

**Tel: 07341 096 832**

#### Friday Fitness –

**Carer's Café**

**Carer's Information Courses**

Iain Houston - Email: [ihouston@alzscot.org](mailto:ihouston@alzscot.org)

**Tel: 07919 344 513**

#### Tea & Blether

Polly Mark - Email: [pmark@alzscot.org](mailto:pmark@alzscot.org)

**Tel: 07775 761 087**

### **We Sing Together, Musical Minds**

Jenny Douglas - Email: [jdouglas@alzscot.org](mailto:jdouglas@alzscot.org)

Tel: 07827 307 582

### **Easterhouse Drop-In Café**

Kevin Black – Email: [kblack@alzscot.org](mailto:kblack@alzscot.org)

Tel: 07769 364 311

**Brigton Art Group,  
Partick Thistle Football Memories,  
Hampden Football Conversations,  
Coffee & Culture at the Burrell**

Jan Watson – Email: [jwatson@alzscot.org](mailto:jwatson@alzscot.org)

Tel: 07407 814 641

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. **To make a donation, please consider donating to our local Just Giving page.**



## **National Dementia Advisor Service**

A national service is also available to support anyone looking for advice and support from Alzheimer Scotland. The service will help anyone who is concerned about their Brain Health, anyone who is struggling to get the right support and provide advocacy services to people with dementia and carers.

**Available Monday to Friday 0300 373 5774 or email [NDAS@alzscot.org](mailto:NDAS@alzscot.org)**

More information is on our website [www.alzscot.org/ndas](http://www.alzscot.org/ndas)