

What's on



August 2024 - Renfrewshire

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; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them.

Contact Katie for details on any of the groups Email: krobinson@alzscot.org or Tel: 07795257195

In Person Group		
Fri 2 Aug	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 2 Aug	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 7 Aug	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 8 Aug	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Thurs 8 Aug	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 9 Aug	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 12 Aug	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 13 Aug	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00

Wed 14 Aug	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Fri 16 Aug	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 16 Aug	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 21 Aug	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 22 Aug	Drop In Café St. Mark's Church, Paisley, PA1 3DL	2.00-4.00
Thurs 22 Aug	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00

Fri 23 Aug	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 26 Aug	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 27 Aug	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 28 Aug	Lunch Club	12.30
Wed 28 Aug	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Fri 30 Aug	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 30 Aug	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

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 <https://www.justgiving.com/fundraising/>

24 HOUR

Dementia



**Alzheimer
Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org