

What's On

July 2024 - Helensburgh



Our Community Groups are to be enjoyed by anyone who is living with dementia or experiencing difficulties with their memory, including families and friends-all are welcome. Those who are unable to attend independently should come with a companion who can provide any support that is required.

We are unable to provide transport for these groups and therefore it is your responsibility to get to and from these community activities, safely. Please speak to us if you need help to explore transport options.

We would be delighted to hear from you, if you have any questions, suggestions, worries or concerns, please find contact details on last page.

In Person Group		
Monday 1 st July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers. Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 2 nd July	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Tuesday 2 nd July	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information about brain health, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Thurs 4 th July	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Thurs 4 th July	Self-Directed Support (SDS) Information Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker. Drop in or call to book – Anne-Marie King	12.30 – 3.30pm
Friday 5 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm

Tuesday 9 th July	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others for a fun session. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Tuesday 9 th July	Community Café & Brain Health Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 9 th July	Movement For Health 🐕 A set of (six) weekly sessions, with the aim of increasing mobility and movement, also attended by our Community Dog. This course is currently fully booked, but please contact Anne-Marie King if you are interested in possible future sessions	1.30pm-2.30pm
Thursday 11 th July	FTD Carer Support Group – In Person For anyone who cares for a loved one who has Frontotemporal Dementia. Contact: Lindsay Voigt	7.00pm – 8.30pm
Friday 12 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Monday 15 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information about dementia, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 16 th July	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information about brain health, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 16 th July	Movement For Health 🐕 A set of (six) weekly sessions, with the aim of increasing mobility and movement, also attended by our Community Dog. This course is currently fully booked, but please contact Anne-Marie King if you are interested in possible future sessions	1.30pm-2.30pm
Thurs 18 th July	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Friday 19 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm

Monday 22 nd July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment. (All donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 23 rd July	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Tuesday 23 rd July	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment (all donations will help support those who are living with dementia). For information about brain health, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 23 rd July	Movement For Health 🐕 A set of (six) weekly sessions, with the aim of increasing mobility and movement, also attended by our Community Dog. This course is currently fully booked, but please contact Anne-Marie King if you are interested in possible future sessions	1.30pm-2.30pm
Wednesday 24 th July	Gardening Group – Hermitage Park An opportunity to meet others and enjoy some gardening at our raised beds in Hermitage Park Contact: Anne-Marie King - Please book in advance	11.00-12.00md
Thurs 25 th July	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Friday 26 th July	Football Memories An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Anne-Marie King - Please book in advance	11.00am – 12.30pm
Friday 26 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment (all donations will help support those who are living with dementia). For information or advice, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Friday 26 th July	Carers Catch-up For Carer support, information & advice, and an opportunity to meet other family carers. Contact: Anne-Marie King	2.00pm – 4.00pm

Monday 29 th July	Community Café & Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment (all donations will help support those who are living with dementia). For information about brain health or dementia, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 30 th July	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Tuesday 30 th July	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café for a chat and enjoy a refreshment (all donations will help support those who are living with dementia). For information about dementia, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Wednesday 31 st July	Dementia Dog Day - Afternoon An opportunity to come along and enjoy the company of our friendly volunteer dogs. For anyone who is living with dementia & carers. Contact: Anne-Marie King - Please book in advance	1.15pm – 2.00pm

Please see Online Groups below:

Online Groups

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group		
Thurs 4 th July	Rare Dementia Carer Support For anyone who is living with a rare dementia, an opportunity to meet others online for peer support.	11am – 12.30pm

Please see contact details on next page

Contact details for groups:

Activity & Reminiscence Sessions

Contact: Anne-Marie King

Email: aking@alzscot.org

Tel: 07588 531 288

Information Sessions & Support Groups

Contact: Anne-Marie King

Email: aking@alzscot.org

Tel: 07588 531 288

FTD Carer Support Group

Contact: Lindsay Voigt

Email: lvoigt@alzscot.org

Tel: 07585 972 794

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/> Thank you.

The direct link to our Just Giving page can be found via our QR code below:



Please note: We can now also accept donations via our Card Reader in the centre.