

What's on

August 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.

Community Groups		
Thurs 1st Aug	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 2nd Aug	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 5th Aug	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1B	2.00pm – 3.30pm

Tue 6th Aug	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am- 12 noon
	Musical Minds Café The Park Church, Ravenscliffe Drive Giffnock G46 7QS	1.30pm – 3.00pm
Wed 7th Aug	About Digital and Me (ADAM) <i>Appointment Only - Contact Rachel on 07341 096832</i> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm
Thurs 8th Aug	Brighton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 9th Aug	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 12th Aug	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
	Coffee & Culture at the Burrell Collection Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm

Tues 13th Aug	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
	Screen Memories Alzheimer Scotland Day Care 9 Bridgeton Cross G40 1BN	11.00am – 12noon
Wed 14th Aug	About Digital and Me (ADAM) <i>Appointment Only - Contact Rachel on 07341 096832</i> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm
Thurs 15th Aug	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 16th Aug	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11am – 12noon
	We Sing Together Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm
Mon 19th Aug	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café with Uno the dog Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon

	Brighton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
Tues 20th Aug	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm – 8.00pm
Wed 21st Aug	About Digital and Me (ADAM) Appointment Only - Contact Rachel on 07341 096832 Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm
	Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	12.30pm – 2pm
Thurs 22nd Aug	Brighton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 23rd Aug	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00 – 12noon
Mon 26th Aug	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Chair Yoga & Café	1.30pm – 2.30pm

	Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	
Tues 27th Aug	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Tea & Blether Dementia Café Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald Glasgow G52 2UD	12.30pm – 2.00pm
Wed 28th Aug	About Digital and Me (ADAM) <i>Appointment Only - Contact Rachel on 07341 096832</i> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	9.00am – 1.00pm
Thurs 29th Aug	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12.30pm
	Easterhouse Drop-In Café Easterhouse Sports Centre 12 Auchinlea Road G34 9HQ	1.00pm – 3.00pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 30th Aug	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00 – 12noon

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

Online Group		
Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm

contact **Jan Watson** for the link on **07407 814641** or 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

Contact details for groups:

Younger Persons Monday Café

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

Jane Brown - Email: jbrown@alzscot.org

Tel: 07825 948 902

Post Diagnostic Support Drop-In Café over 65

Janice Stewart - Email: jstewart@alzscot.org

Tel: 07584 408 192

Weekly Monday Oxford Street Café

Chair Yoga

Are ye Dancing? Dance Exercise Classes

Lorna Shand - Email: lshand@alzscot.org

Tel: 07769 367 773

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

Rachel McLauchlan - Email: rmclauchlan@alzscot.org

Tel: 07341 096 832

Friday Fitness –

Carer's Café

Carer's Information Courses

Iain Houston - Email: ihouston@alzscot.org

Tel: 07919 344 513

Tea & Blether

Polly Mark - Email: pmark@alzscot.org

Tel: 07775 761 087

We Sing Together, Musical Minds

Jenny Douglas - Email: jdouglas@alzscot.org

Tel: 07827 307 582

Easterhouse Drop-In Café

Kevin Black – Email: 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

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



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org

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

More information is on our website **www.alzscot.org/ndas**