

What's on

September 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.

September 2024 - Glasgow		
Mon 2 nd Sept	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 3 rd Sept	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
	Musical Minds Singing Group The Park Church, Ravenscliffe Drive Giffnock G46 7QS	1.30pm – 3.00pm
Wed 4 th Sept		
Thurs 5 th Sept	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm

	<p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW</p>	<p>1.00pm – 2.30pm</p> <p>2.00pm – 4.00pm</p>
Fri 6th Sept	<p>Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	11.00am – 12noon
Mon 9th Sept	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Coffee & Culture at the Burrell Collection Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12noon</p> <p>1.30pm – 2.30pm</p> <p>2.00pm – 4.00pm</p>
Tues 10th Sept	<p>Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL</p> <p>Screen Memories Alzheimer Scotland Day Care 9 Bridgeton Cross G40 1BN</p>	<p>10.00am – 12noon</p> <p>10.30am – 12noon</p> <p>11.00am – 12noon</p>
Wed 11th Sept		
Thurs 12th Sept	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p>	10.30 – 12.30pm

	<p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW</p>	<p>1.00pm – 2.30pm</p> <p>2.00pm – 4.00pm</p>
Fri 13th Sept	<p>Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	11.00 – 12noon
Mon 16th Sept	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café with Uno the dog Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>
Tues 17th Sept	<p>Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>10.00am – 12noon</p> <p>6.00pm – 8.00pm</p>
Wed 18th Sept	<p>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</p> <p>Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p>	<p>9.00am – 1.00pm</p> <p>12.30pm – 2.00pm</p>
Thurs 19th Sept	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p>	10.30 – 12.30pm

	<p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW</p>	<p>1.00pm – 2.30pm</p> <p>2.00pm – 4.00pm</p>
Fri 20th Sept		
Mon 23rd Sept	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café – Brain Health open morning Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12noon</p> <p>1.30pm – 2.30pm</p>
Tues 24th Sept	<p>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</p> <p>Tea & Blether Dementia Café Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald Glasgow G52 2UD</p>	<p>9.00am – 1.00pm</p> <p>12.30pm – 2.00pm</p>
Wed 25th Sept		
Thurs 26th Sept	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Easterhouse Drop-In Café Easterhouse Sports Centre 12 Auchinlea Road G34 9HQ</p> <p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>10.30 – 12.30pm</p> <p>1.00pm – 3.00pm</p> <p>1.00pm – 2.30pm</p>

	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 27th Sept	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00 – 12noon
	We Sing Together Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm
Mon 30th Sept	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

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

Online Groups

Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm
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contact Jan Watson for the link on 07407 814641 or jwatson@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

Information, Advice and Local Support

If you need any help and support from your Dementia Advisors based in Glasgow our contact details are

Polly Mark pmark@alzscot.org **07775 761 087**

Jenny Douglas jdouglas@alzscot.org **07827 307 582**

Iain Houston ihouston@alzscot.org **07919 344 513**

Kevin Black kblack@alzscot.org **07769 364 311**

For any further information regarding groups contact Community Activity Organiser Jan Watson jwatson@alzscot.org or call 07407 814641

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

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

We do always like to stay in touch with you, but if for any reason you no longer wish to receive these emails, just get in touch with me to unsubscribe.

Privacy Notice –We will store your details so we can better support you – all the information about what we do with your details is available in our privacy policy on our website www.alzscot.org/privacy