

What's On



October 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		
Tuesday 1 st October	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15
Tuesday 1 st October	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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 2 nd October	Brain Health Open Day - Drop In Call in anytime between 1-4pm for information about protecting and improving your brain health. Our team will be on hand to answer any questions and introduce you to our new Brain Health initiatives. Also an opportunity to find out more about our Dementia Dog project and meet one of our Community Dementia Dogs who will be attending on the day. All welcome Contact Anne-Marie King if you would like more information	1.00pm – 4.00pm
Thursday 3 rd October	Activity and Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15pm
Friday 4 th October	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 – Please note change of end time.	11.00am – 12.00pm

Friday 4 th October	<p>Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Brain Health & Dementia Resource Centre</p>	1.00pm – 4.00pm
Monday 7 th October	<p>Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Brain Health & Dementia Resource Centre</p>	1.00pm – 4.00pm
Tuesday 8 th October	<p>Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Elaine Kordys - Please book in advance</p>	11.00am – 12.15pm
Tuesday 8 th October	<p>Community Café & Brain Health Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about Brain Health or dementia, please ask our staff & volunteers</p> <p>Helensburgh Brain Health & Dementia Resource Centre</p>	1.00pm – 4.00pm
Wednesday 9 th October	<p>Assistance Dog Information Event  If you are living with dementia and would like to know more about how our assistance dogs can offer practical and social support, do get in touch and book a place for this session. Contact Anne-Marie King for more information & to book</p>	1.30pm – 3.30pm
Thursday 10 th October	<p>Activity and Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Elaine Kordys - Please book in advance</p>	11.00am – 12.15am
Friday 11 th October	<p>Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Brain Health & Dementia Resource Centre</p>	1.00pm – 4.00pm
Monday 14 th October	<p>Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Brain Health & Dementia Resource Centre</p>	1.00pm – 4.00pm
Tuesday 15 th October	<p>Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Elaine Kordys - Please book in advance</p>	11.00am – 12.15pm

Tuesday 15 th October	Community Café & Brain Health Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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 15 th October	Movement For Health 🐕 A block of weekly sessions, with the aim of increasing mobility and movement. Our trained Community Dog is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all sessions. Contact Anne-Marie King- places must be booked.	2.00pm – 3.00pm
Thursday 17 th October	Activity and Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15pm
Friday 18 th October	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 – Please note change of end time.	11.00am – 12.00pm
Friday 18 th October	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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
Monday 21 st October	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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 22 nd October	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15pm
Tuesday 22 nd October	Community Café & Brain Health Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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 22 nd October	Movement For Health 🐕 A block of weekly sessions, with the aim of increasing mobility and movement. Our trained Community Dog is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all sessions. Contact Anne-Marie King- places must be booked.	2.00pm – 3.00pm

Thursday 24 th October	Activity and Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15am
Friday 25 th October	Carers Catch-up Information, advice and an opportunity to meet other family carers. Contact: Anne-Marie King	2.00pm – 4.00pm
Friday 25 th October	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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
Monday 28 th October	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. 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 29 th October	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun session. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15pm
Tuesday 29 th October	Community Café & Brain Health Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about Brain Health dementia, please ask our staff & volunteers Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 29 th October	Movement For Health 🐕 A block of weekly sessions, with the aim of increasing mobility and movement. Our trained Community Dog is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all sessions. Contact Anne-Marie King- places must be booked.	2.00pm – 3.00pm
Wednesday 30 th October	Dementia Dog Day - Afternoon An opportunity to come along and enjoy the company of our friendly volunteer dogs. For anyone living with dementia & carers. Contact: Anne-Marie King - Please book in advance	1.15pm – 2.15pm
Thursday 31 st October	Activity and Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Elaine Kordys - Please book in advance	11.00am – 12.15am

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		
Thursday 3rd October	Rare Dementia Carer Support For anyone who is caring for someone who has a rare dementia, an opportunity to meet others online for peer support. Please Contact Anne-Marie King for information.	11.00am – 12.30pm

Contact details for groups:

Activity & Reminiscence Sessions

Contact: Elaine Kordys

Email: ekordys@alzscot.org

Tel: 07823 534244

Information Sessions & Support Groups

Contact: Anne-Marie King

Email: aking@alzscot.org

Tel: 07588 531 288

Football Memories

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.



We are also now able to accept donations via our Card Reader in the centre.

