

What's on



November 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 1 Nov	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 6 Nov	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 7 Nov	Houston Hello Singers West Halls, Main Street, Houston	2.00-4.00
Fri 8 Nov	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 8 Nov	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 11 Nov	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 12 Nov	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 13 Nov	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 14 Nov	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 15 Nov	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 20 Nov	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 21 Nov	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Thurs 21 Nov	Drop In Café St. Mark's Church, Paisley, PA1 3DL	2.00-4.00
Thurs 21 Nov	Houston Hello Singers West Halls, Main Street, Houston	2.00-4.00
Fri 22 Nov	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00

Fri 22 Nov	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 25 Nov	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 26 Nov	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 27 Nov	Lunch Club	12.30
Wed 27 Nov	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 28 Nov	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 29 Nov	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