

What's on



December 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

Wed 4 Dec	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 5 Dec	Film Club – “Home Alone” St. Mark’s Church, Paisley, PA1 3DL	Doors Open 1.30
Thurs 5 Dec	Houston Hello Singers West Halls, Main Street, Houston	2.00-4.00
Fri 6 Dec	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 9 Dec	Football Memories Christmas Party St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 10 Dec	Singing Buddies Christmas Party Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 11 Dec	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 12 Dec	Houston Hello Cafe West Halls, Main Street, Houston	2.00-4.00
Fri 13 Dec	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 13 Dec	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 18 Dec	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 19 Dec	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Thurs 19 Dec	Drop In Café St. Mark’s Church, Paisley, PA1 3DL	2.00-4.00

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