

What's on

December 2024 - Glasgow



**Alzheimer
Scotland**
Action on Dementia

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.

Mon 2nd Dec	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
	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 3rd Dec	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
	Arts & Craft Group (New) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Musical Minds Singing Group The Park Church, Ravenscliffe Drive Giffnock G46 7QS	1.30pm – 3.00pm
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm

Wed 4th Dec	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
	The Social Club 9 Bridgeton Cross Glasgow G40 1 BN	4.00pm – 6.00pm
Thurs 5th Dec	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
Fri 6th Dec	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00 – 12noon
	Don't wait till Dawn Workshop TAWAS Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Mon 9th Dec	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café with the Norrie from the SDWG/NDCAN 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 1BN	2.00pm – 3.30pm
	Brain Health Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tues 10th Dec	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
	Partick Thistle Football Memories	10.30am – 12noon

	<p>Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL</p> <p>Screen Memories 11.00am – 12noon Alzheimer Scotland Day Care 9 Bridgeton Cross G40 1BN</p> <p>Games Afternoon 2.00pm – 3.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Wed 11th Dec	<p>Brain Health 1:1 Appointments 2.00pm – 4.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Thurs 12th Dec	<p>Brigton Café 10.30 – 12.30pm Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Are ye dancing? 1.00pm – 2.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Fri 13th Dec	<p>Friday Fitness 11.00 – 12noon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Mon 16th Dec	<p>Younger Persons Café – under 65 10.30am – 1.30pm Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Christmas Café 10.30am – 12noon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Chair Yoga Christmas Café 1.30pm – 2.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Tues 17th Dec	<p>About Digital and Me (ADAM) 9.00am – 1.00pm <i>Appointment Only - Contact Rachel on 07341 096832</i> Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Arts & Craft Group 10.30am – 12noon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>

	<p>Tea & Blether Dementia Café</p> <p>Tea & Blether Dementia Cafe Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald Glasgow G52 2UD</p> <p>Games Afternoon 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>12.30pm – 2.00pm</p> <p>2.00pm – 3.30pm</p> <p>6.00pm – 8.00pm</p>
Wed 18th Dec	<p>Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p> <p>Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>12.30pm – 2.00pm</p> <p>2.00pm – 4.00pm</p>
Thurs 19th Dec	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Christmas Themed 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 – 2.30pm</p>
Fri 20th Dec	<p>Friday Fitness – Festive Themed Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>We Sing Together Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>11.30pm – 12.30pm</p> <p>1.30pm – 3.00pm</p>
Mon 23rd Dec	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p>	<p>10.30am – 1.30pm</p>
Tues 24th Dec		
Wed 25th Dec	CLOSED	
Thurs 26th Dec	CLOSED	

Fri 27th Dec	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
Mon 30th Dec		
Tues 31st Dec		

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

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 link [HERE](#).

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.

Polly Mark – Email: pmark@alzscot.org

Tel: 07775 761 087

Weekly Monday Oxford Street Café

Chair Yoga,

Are ye Dancing? Dance Exercise Classes

Arts & Crafts Group

Games Group

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,

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**

Alternatively, you can ring our Resource Centre on **0141 429 6428**.

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 9am – 5pm 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