

# What's on

## Jan - Inverclyde



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. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

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.

| In Person Group              |  |                     |
|------------------------------|--|---------------------|
| Tuesday 7 <sup>th</sup> Jan  | <b>Dementia Cafe</b><br><b>Watt Institution Creativity Space, Greenock</b><br><b>(Enter via Union Street)</b><br>Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.   | <b>13.00–15.00</b>  |
| Monday 13 <sup>th</sup> Jan  | <b>Lyle Gateway</b><br><b>Embracing Memories Memory café</b><br>Lyle Gateway 31 Union Street Greenock<br>For people living with dementia and their carers<br>Dementia advisor will be available if any carers would like advice or wish to discuss confidentiality (12.00 - 14.00)   | <b>12.00- 15.00</b> |
| Tuesday 14 <sup>th</sup> Jan | <b>Lunchtime Drop In Carers Centre</b><br><b>68-70 Cathcart Street Greenock PA15 1DD</b><br>The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor<br>No appointment needed  | <b>12.00 -13.30</b> |
| Tuesday 14 <sup>th</sup> Jan | <b>Dementia Cafe</b><br><b>Watt Institution Creativity Space, Greenock</b><br><b>(Enter via Union Street)</b><br>Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.   | <b>13.00-15.00</b>  |
| Wed 15 <sup>th</sup> Jan     | <b>Football Memories</b><br><b>Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU</b><br>Football memories is a welcoming group for people with living with dementia that features archive images of players, trophies, old match balls, kit and other memorabilia session. It lasts for 90 minutes with a Bovril (or tea/coffee). | <b>13.30-15.00</b>  |

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| Wednesday 22 <sup>nd</sup><br>Jan | <p><b>Golf Memories</b><br/> <b>Gourock Golf club Cowal View Gourock PA19 1 HD</b><br/> Golf memories is a very welcoming group for people living with dementia that features a host of activities including a golf stimulator, quizzes and visual activities for attendees to participate in and can reminisce about their memories and stories from their golf days. Light refreshments as provided</p> | <b>13.30-15.00</b>    |
| Monday 27 <sup>th</sup><br>Jan    | <p><b>Musical Minds</b><br/> <b>Greenock Baptist Church, St Andrews St<br/> Greenock PA15 1HG</b><br/> <b>Entertainment Provided by Clydeside Singers hosted by GCAS</b><br/> Songs from the shows and much more!!<br/> Our Musical Minds group is for people living with dementia and their family carers. Join us for tea, coffee, great entertainment, friendship</p>                                  | <b>10.30-12.00 om</b> |
| Monday 27 <sup>th</sup><br>Jan    | <p><b>Carer Coffee and catch up</b><br/> The carers support group provides carers with an opportunity to meet other carers, talk about caring role learning from each other who understand what they are going through<br/> Tea/coffee provided</p>   | <b>18.00 -19.30</b>   |
| Tuesday 28 <sup>th</sup><br>Jan   | <p><b>Lunchtime Drop In Carers Centre</b><br/> <b>68-70 Cathcart Street Greenock PA15 1DD</b><br/> The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor<br/> No appointment needed</p>  | <b>12.00 -13.30</b>   |
| Tuesday 28 <sup>th</sup><br>Dec   | <p><b>Dementia Cafe</b><br/> <b>Watt Institution Creativity Space, Greenock<br/> (Enter via Union Street)</b><br/> Drop-In for people living with Dementia, their Carers &amp; Families. Join us for refreshments; fun &amp; creativity; stories; and the opportunity to make new friends.</p>  | <b>13.00-15.00</b>    |
| Wednesday 29 <sup>th</sup><br>Jan | <p><b>Dementia café</b><br/> <b>Kilmacolm Library 13 Lochwinnoch Road Kilmacolm<br/> PA13 4HB</b><br/> Drop-in for people living with dementia, their carers &amp; families. Join us for refreshments' creativity; stories and the opportunity to make new friends.</p>   | <b>11.00- 12.45</b>   |

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/>  
Contact details for groups: All Groups

**Dementia Advisor Elaine Edgar**

**Community activity Organiser Janice Farren**

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