

What's On



**Alzheimer
Scotland**
Action on Dementia

March 2025 - 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 the last page.

In Person Group		
Monday 3 rd March	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. Helensburgh Brain Health & Dementia Resource Centre: For information about protecting brain health or dementia, please ask our staff & volunteers.	1.00pm – 4.00pm
Tuesday 4 th March	Activity Session An opportunity to meet others and enjoy a session of creative art.	11.00am – 12.15pm
Tuesday 4 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 4 th March	FTD Carer Support Meeting	7.00pm- 9.00pm
Thursday 6 th March	Movement and Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Thursday 6 th March	Self-Directed Support Drop In Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker.	12.30pm- 3.30pm

Friday 7 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Monday 10 th March	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. Helensburgh Brain Health & Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 11 th March	Activity Session An opportunity to meet others and enjoy a session of creative art.	11.00am – 12.15pm
Tuesday 11 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 11 th March	Brain Health Event - All Welcome As part of Brain Awareness Week, please drop in to one of our sessions, from 2-3pm or 3-4pm, to find out more about services offered by Alzheimer Scotland to promote Brain Health.	2.00pm- 4.00pm
Thursday 13 th March	Movement and Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 14 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Monday 17 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 18 th March	Activity Session -Concert in the centre Part 1 Music from different classical artists from BBC Proms, Andre Rieu and many more artists. An opportunity to meet others and enjoy a fun session.	11.00am – 12.15pm
Tuesday 18 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Wednesday 19 th March	Nature Group An opportunity to meet others and enjoy a nature-based activity.	11.00am – 12.00pm
Thursday 20 th March	Movement with Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 21 st March	Football Memories Enjoy some reminiscence and share fond football memories	11.00am- 12.00pm
Friday 21 st March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm

Monday 24 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 25 th March	Activity Session concert in the centre Part 2 Music from different classical artist from BBC Proms, Andre Rieu and many more artists. An opportunity to meet others and enjoy a fun session.	11.00am – 12.15pm
Tuesday 25 th March	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. Helensburgh Brain Health & Dementia Resource Centre: For information about protecting brain health or dementia, please ask our staff & volunteers.	1.00pm – 4.00pm
Wednesday 26 th March	Dog Day - Afternoon An opportunity to enjoy the company of our friendly volunteer dogs. For anyone living with dementia & their carers. Contact: Rebecca Morrow - Please book in advance	2.00pm – 3.00pm
Thursday 27 th March	Movement and Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 28 th March	Carers Catch-up Information, advice and an opportunity to meet other family carers. In partnership with Helensburgh & Lomond Carer Centre. Contact: Anne-Marie King Helensburgh Brain Health & Dementia Resource Centre	2.00pm – 4.00pm
Friday 28 th March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Monday 31 st March	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm

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 6 th March	Rare Dementia Carer Support For anyone who is caring for a person 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 Sessions & Groups

Contact: Rebecca Morrow
Tel: 07824 524347

Email: rmorrow@alzscot.org

Music & Movement Sessions

Contact : Elaine Kordys
Tel:07823 534244

Email: ekordys@alzscot.org

Information Sessions & Support Groups

Contact: Anne-Marie King
Tel: 07588 531 288

Email: aking@alzscot.org

FTD Carer Support Group

Contact: Lindsay Voigt
Tel: 07585 972 794

Email: lvoigt@alzscot.org

Find us: Brain Health Dementia and Resource Centre - 23-25 W Princes St, Helensburgh
G84 8TF

Our support and activities are only possible thanks to the donations we gratefully receive. We are able to accept donations via our Card Reader in the centre or via our Argyll & Bute Just Giving page <https://www.justgiving.com/fundraising/alzscot-argyllandbute> -the direct link to our Just Giving page can be found via our QR code below. For more information about making donations to Alzheimer Scotland please speak to a member of staff.

Thank You

Alzheimer Scotland's
JustGiving Page



24 HOUR
Dementia



Alzheimer
Scotland
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org