

What's on

March 2025 - Glasgow



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 3rd Mar	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
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
	Brain Health Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tue 4th Mar	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 5 th Mar	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
	The Social Club (Day Care) 9 Bridgeton Cross Glasgow G40 1BN	4.00pm – 6.00pm
Thurs 6 th Mar	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 7 th Mar	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 10 th Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
	Coffee & Culture at the Burrell Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm
Tues 11 th Mar	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
	Screen Memories Alzheimer Scotland Day Care 9 Bridgeton Cross, G40 1BN	11.00am – 12noon

	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 12th Mar	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Thurs 13th Mar	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
Fri 14th Mar	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 17th Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café 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 Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tues 18th Mar	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 19th Mar	About Digital and Me (ADAM) <i>Appointment Only - Contact Rachel on 07341 096832</i> Alzheimer Scotland Brain Health &	9.00am – 1.00pm

	<p>Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <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 20th Mar	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>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 21st Mar	<p>Fitness Friday 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>11.30am – 12.30pm</p> <p>1.30pm – 3.00pm</p>
Mon 24th Mar	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café and Royal Conservatoire musicians Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12.30pm</p> <p>1.30pm – 2.30pm</p>
Tues 25th Mar	<p>Tea & a Blether Dementia Cafe Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald, Glasgow G52 2UD</p>	<p>12.30pm – 2.00pm</p>

	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
	Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm -8.00pm
Wed 26th Mar	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Live Music with the Royal Conservatoire Musicians Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Thurs 27th Mar	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12 noon
Fri 28th Mar	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 31st Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café 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 Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm

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
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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

Brain Health Drop In and appointments

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

Musical Monday's

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,

Coffee & Culture at the Burrell

Arts & Crafts Group

The Social Club

Jan Watson – Email: jwatson@alzscot.org

Tel: 07407 814 641

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