

What's On



**Alzheimer
Scotland**
Action on Dementia

April 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		
Tuesday 1st April	Activity Session An opportunity to meet others and enjoy a session of creative art.	11.00am – 12.15pm
Tuesday 1 st April	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 2 nd April	Nature Group An opportunity to meet others and enjoy a nature-based activity.	11.00am – 12.00pm
Thursday 3 rd April	Movement and Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Thursday 3 rd April	Self-Directed Support Drop In Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker.	12.30pm- 3.30pm

Friday 4 th April	Football Memories Enjoy some reminiscence and share fond football memories.	11.00am - 12pm
Friday 4 th April	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
Monday 7 th April	Community Café & Information Drop In – All Welcome	1.00pm – 4.00pm
Tuesday 8 th April	Community Café & Information Drop In - All Welcome	1.00pm- 4.00pm
Friday 11 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Monday 14 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 15 th April	Activity Session An opportunity to meet others and enjoy a session of creative art.	11.00am – 12.15pm
Tuesday 15 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Wednesday 16 th April	Nature Group An opportunity to meet others and enjoy a nature-based activity.	11.00am – 12.00pm
Thursday 17 th April	Movement with Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 18 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Monday 21 st April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 22 nd April	Activity Session Another visit from the Rangers at Lomond and Trossachs National Park. We will be exploring a sensory experience of the outdoors, the sound of cuckoo's, the smell of flowers and the taste of Callander Shortbread!	11.00am – 12.15pm
Tuesday 22 nd April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm

Thursday 24 th April	Movement and Music An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 25 th April	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
Friday 25 th April	Carers Catch-up Information, advice and an opportunity to meet other family carers. In partnership with Helensburgh & Lomond Carer Centre. Contact: Anne-Marie King	2.00pm – 4.00pm
Monday 28 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Tuesday 29 th April	Activity Session Desert Island Disco! Please bring along your favourite tune in any format. We will listen to them together and share our stories connected to them. What disc would you save from the waves?	11.00am- 12.15pm
Tuesday 29 th April	Community Café & Information Drop In - All Welcome	1.00pm – 4.00pm
Wednesday 30 th April	Dog Day - Afternoon An opportunity to enjoy the company of our friendly volunteer dogs. For anyone living with dementia & their carers. Contact: Anne-Marie - Please book in advance	2.00pm – 3.30pm

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 3 rd April	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

Email: rmorrow@alzscot.org

Tel: 07824 524347

Music & Movement Sessions

Contact : Elaine Kordys

Email: ekordys@alzscot.org

Tel: 07823 534244

Information Sessions & Support Groups

Contact: Anne-Marie King

Email: aking@alzscot.org

Tel: 07588 531 288

Frontotemporal Dementia Carer Support Group

Contact: Lindsay Voigt

Email: lvoigt@alzscot.org

Tel: 07585 972 794

Find us: Brain Health and Dementia 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