

What's on

September 2023 - Helensburgh

Dementia Resource Centre



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		
Friday 1 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Friday 1 Sept	Dementia Advisor Drop-In For information and signposting to supports and services. Contact: Anne-Marie King – Dementia Advisor	1.00pm – 4.00pm
Monday 4 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 5 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Thursday 7 Sept	FTD Family Carer Meeting – Helensburgh Dementia Centre Contact: Lindsay Voigt – PDS Link Worker	7.00pm – 8.30pm
Friday 8 Sept	Football Memories – Helensburgh Dementia Centre An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Rebecca Morrow	11.00am – 12.00noon
Friday 8 Sept	Dementia Advisor Drop-In For information and signposting to supports and services. Contact: Anne-Marie King – Dementia Advisor	1.00pm – 4.00pm
Friday 8 Sept	Community Café - All welcome	1.00pm – 4.00pm

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Monday 11 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 12 Sept	Musical Movies Reminiscence – Helensburgh Dementia Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session watching and chatting about Musical movies. Contact: Rebecca Morrow	11.00am – 12.30pm
Tuesday 12 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 12 Sept	Dementia Advisor Drop-In For information and signposting to supports and services. Contact: Anne-Marie King – Dementia Advisor	1.00pm – 4.00pm
Thursday 14 Sept	Activity with Music – Helensburgh Dementia Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with of seated exercise, with music. Contact: Rebecca Morrow	11.00 – 12.30pm
Friday 15 Sept	Dementia Advisor Drop-In For information and signposting to supports and services. Contact: Anne-Marie King – Dementia Advisor	1.00pm – 4.00pm
Friday 15 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Monday 18 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 19 Sept	How we used to live – ‘In Our House’ Memories For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a reminiscence session of how we used to live. Contact: Rebecca Morrow	11.00 – 12.30pm
Tuesday 19 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Wednesday 20 Sept	Gardening in Hermitage Park - An opportunity to meet others and enjoy an activity. At our Community Garden in Hermitage Park. Meet at the Park Pavilion Café. Please book in advance Contact: Rebecca Morrow	10.45am – 12noon

Thursday 21 Sept	Activity with Music - Helensburgh Dementia Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with of seated exercise, with music. Contact: Rebecca Morrow	11.00am – 12.30pm
Friday 22 Sept	Football Memories – Helensburgh Dementia Centre An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Rebecca Morrow	11.00am – 12noon
Friday 22 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Monday 25 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 26 Sept	Art Session – Helensburgh Dementia Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with creative flair. Contact: Rebecca Morrow	11.00am – 12.30pm
Tuesday 26 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Wednesday 27 Sept	Dementia Dog Afternoon – Dementia Resource Centre A chance for anyone who has dementia or impaired memory to come along and enjoy the company of our friendly volunteer dogs. Please book in advance. Contact: Rebecca Morrow	1.15pm - 2.30pm
Thursday 28 Sept	Activity with Music – Helensburgh Dementia Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with of seated exercise, with music. Contact: Rebecca Morrow	11.00am – 12.30pm
Friday 28 Sept	Community Café - 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 Dementia Resource Centre	1.00pm – 4.00pm
Friday 28 Sept	Carer Coffee Afternoon – Helensburgh Dementia Centre Meet with our Dementia Advisor and Carer Centre Outreach Worker for information and advice & meet with others in a similar position. Contact: Anne-Marie King – Dementia Advisor	2.00pm – 4.00pm

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 7 Sept	Rare Dementia Carer Meeting For anyone who is caring for a loved one who has a rare dementia, an opportunity to meet others. Contact: Anne-Marie King - Dementia Advisor	11.00am – 12.30pm
Thursday 14 Sept	Rare Dementia Peer Support Meeting For anyone living with a diagnosis of a rare dementia, an opportunity to meet others. Contact: Anne-Marie King – Dementia Advisor	11.00am – 12noon
Thursday 21 Sept	FTD Family Carer Online Meeting Contact: Lindsay Voigt – PDS Link Worker	7.00pm – 8.30pm

Contact details for groups:

All activity groups in Helensburgh Dementia Resource Centre or in Hermitage Park

Email: Rebecca - rmorrow@alzscot.org Tel: 07824524347

All Dementia Advisor Groups

Email: Anne-Marie - aking@alzscot.org Tel: 075885321288

FTD Online Group

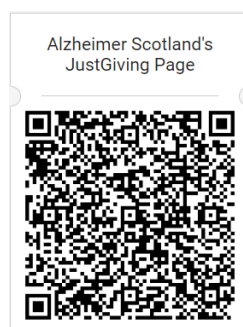
Email: Lindsay - lvoigt@alzscot.org Tel: 07585972794

General Enquiries for Helensburgh Dementia Resource Centre

Email: helensburghresourcecentre@alzscot.org Tel: 01436 678050

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 donate, please consider donating to our local **Just Giving** page <https://www.justgiving.com/fundraising/>



Alzheimer Scotland is happy to announce that Helensburgh Dementia Resource Centre can now accept donations via our Contactless Card Reader.

For more information, please contact either:

Carolann – Administrator ccameron@alzscot.org on 01436 678050

Or

Anne-Marie – Dementia Advisor aking@alzscot.org on 07588531288

