

# What's on



**Alzheimer  
Scotland**  
Action on Dementia

## January 2024 - 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		
Tues 9 <sup>th</sup> January	<b>Dementia Cafe</b> <b>Watt Institution Creativity Space, Greenock</b> <b>(Enter via Union Street)</b> 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>1.00pm –3.00pm</b>
Wed 10 <sup>th</sup> December	<b>Dementia Reference Group</b> Your Voice 12 Clyde square Greenock PA15 1NB The Inverclyde Dementia Reference Group is for people living with dementia and carers of those affected by Dementia. Its an informal group and provides Opportunities to meet with people in similar situations	<b>11.00 am- 12.00pm</b>
Thursday 11 <sup>th</sup> January	<b>Lunchtime drop in carers centre</b> 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is a friendly and welcoming for anyone who would like to speak to a Dementia Advisor No appointment needed	<b>12.00pm –13.30pm</b>
Tues 16 <sup>th</sup> January	<b>Dementia Cafe</b> <b>Watt Institution Creativity Space, Greenock</b> <b>(Enter via Union Street)</b> 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>1.00pm- 3.00pm</b>
Wed 17 <sup>th</sup> January	<b>Football Memories</b> <b>Greenock Morton Football Club, Cappelow Park, Sinclair Street, Greenock, PA15 2TU</b>	<b>1.30pm-3.00pm</b>

	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) served at half time.	
Tues 23 <sup>rd</sup> January	<b>Dementia Cafe</b> <b>Watt Institution Creativity Space, Greenock</b> <b>(Enter via Union Street)</b> 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>11.00 –1.00pm</b>
Thurs 25 <sup>th</sup> January	<b>Lunchtime drop in carers centre</b> <b>68-70 Cathcart Street Greenock PA15 1DD</b> The lunchtime drop in is a friendly and welcoming for anyone who would like to speak to a Dementia Advisor No appointment needed	<b>12.00pm-13.30pm</b>
Monday 29 <sup>th</sup> January	<b>Musical Minds</b> <b>Greenock Baptist Church St Andrews Street</b> <b>Greenock PA15 1HG</b> Songs from shows and much more!! Our Musical minds group is for people living with dementia their carers and families Join us for tea, coffee, great entertainment, friendship. <b>Theme all song Scottish celebrate Robbie Burns</b>	
Tues 30 <sup>th</sup> January	<b>Dementia Cafe</b> <b>Watt Institution Creativity Space, Greenock</b> <b>(Enter via Union Street)</b> 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>1.00pm- 3.00pm</b>
Wednesday 31 <sup>st</sup> January	<b>Dementia Café</b> <b>Kilmacolm Library</b> <b>13 Lochwinnoch Road</b> <b>Kilmacolm PA13 4HB</b> Drop in for people living with dementia their carers & families. Join us for refreshments, fun & creativity, stories and the opportunity to meet new friends.	

Contact details for groups: All Groups

Email: [eedgar@alzscot.org](mailto:eedgar@alzscot.org) Tel: 07803887806 office: 01475 261 100

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/>



**24 HOUR**  
**Dementia**  **Alzheimer Scotland**  
Action on Dementia  
**Helpline**  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)