

# What's On



## February 2024 - 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 last page.

In Person Group		
Thursday 1 <sup>st</sup> Feb	<b>Activity with Music</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm
Thursday 1 <sup>st</sup> Feb	<b>Self-Directed Support (SDS)</b> Drop-in for 1-2-1 information & advice. Drop in or call to book in advance. <b>Contact: Anne-Marie King</b>	12.30pm – 3.30pm
Thursday 1 <sup>st</sup> Feb	<b>FTD Carer Support Group – Dementia Resource Centre</b> For anyone who cares for a loved one who has Frontotemporal Dementia. <b>Contact: Lindsay Voigt</b>	7.00pm – 8.30pm
Friday 2 <sup>nd</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Monday 5 <sup>th</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Tuesday 6 <sup>th</sup> Feb	<b>Activity Session – Shortbread Baking</b> For anyone living with dementia or impaired memory- an opportunity to meet others for an activity, and reminiscence <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15am
Tuesday 6 <sup>th</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Weds 7 <sup>th</sup> Feb	<b>Gardening Group – In Dementia Resource Centre</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a gardening activity. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm

Thursday 8 <sup>th</sup> Feb	<p><b>Activity with Music</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. <b>Contact: Rebecca Morrow- Please book in advance</b></p>	11.00am – 12.30pm
Friday 9 <sup>th</sup> Feb	<p><b>Football Memories</b> 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. <b>Contact: Rebecca Morrow- Please book in advance</b></p>	11.00am – 12.30pm
Friday 9 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm
Monday 12 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm
Tuesday 13 <sup>th</sup> Feb	<p><b>Activity Session – Card Making</b> For anyone living with dementia or impaired memory- an opportunity to meet others for an activity, and reminiscence <b>Contact: Rebecca Morrow- Please book in advance</b></p>	11.00 – 12.15pm
Tuesday 13 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm
Thurs 15 <sup>th</sup> Feb	<p><b>Activity with Music</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. <b>Contact: Rebecca Morrow- Please book in advance</b></p>	11.00am – 12.15pm
Friday 16 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm
Monday 19 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm
Tuesday 20 <sup>th</sup> Feb	<p><b>Activity Session – Music Sing-along</b> For anyone living with dementia or impaired memory- an opportunity to meet others for an activity with singing and music, and reminiscing. <b>Contact: Rebecca Morrow- Please book in advance</b></p>	11.00am – 12.15pm
Tuesday 20 <sup>th</sup> Feb	<p><b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b></p>	1.00pm – 4.00pm

Weds 21 <sup>st</sup> Feb	<b>Gardening Group – In Dementia Resource Centre</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a gardening activity. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm
Thurs 22 <sup>nd</sup> Feb	<b>Activity with Music</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm
Friday 23 <sup>rd</sup> Feb	<b>Football Memories</b> 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. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.30pm
Friday 23 <sup>rd</sup> Feb	<b>Carer Support Meet up</b> For Information and Peer Support. Meet with others in a similar position. <b>Contact: Anne-Marie King</b>	2.00pm – 4.00pm
Friday 23 <sup>rd</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Monday 26 <sup>th</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Tuesday 27 <sup>th</sup>	<b>Art Session</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with creative flair. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm
Tuesday 27 <sup>th</sup> Feb	<b>Community Café - All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>Helensburgh Dementia Resource Centre</b>	1.00pm – 4.00pm
Weds 28 Feb	<b>Dog Days- Afternoon</b> An opportunity to come along and enjoy the company of our friendly volunteer dogs. For anyone living with dementia & carers. <b>Contact: Rebecca Morrow- Please book in advance</b>	1.15pm – 2.00pm
Thursday 29 <sup>th</sup> Feb	<b>Activity with Music</b> For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. <b>Contact: Rebecca Morrow- Please book in advance</b>	11.00am – 12.15pm

**For Online groups please see over:**

## 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 15 <sup>th</sup> Feb	<b>FTD Carer Support Group</b> For anyone who cares for a loved one who has Frontotemporal Dementia. <b>Contact: Lindsay Voigt</b>	7.00pm – 8.30pm

### Contact details for groups:

#### Activity & Reminiscence Sessions

Contact: Rebecca Morrow      Email: [rmorrow@alzscot.org](mailto:rmorrow@alzscot.org)      Tel: 07824524347

#### Information Sessions & Support Groups

Contact: Anne-Marie King      Email: [aking@alzscot.org](mailto:aking@alzscot.org)      Tel: 07588 531 288

#### FTD Carer Support Group

Contact: Lindsay Voigt      Email: [lvoigt@alzscot.org](mailto:lvoigt@alzscot.org)      Tel: 07585 972 794

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/> Thank you.

The direct link to our Just Giving page can be found via our QR code below:

