

What's on



February 2024 - Renfrewshire

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.

Contact Katie for details on any of the groups Email: krobinson@alzscot.org or Tel: 07795257195

In Person Group		
Fri 2 February	Keep Fit Class Paisley North Church, Paisley, PA3 4AB	1.30-2.30
Wed 7 February	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 8 February	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00
Fri 9 February	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 9 February	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Tues 13 February	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 14 February	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 15 February	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Fri 16 February	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

Wed 21 February	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 22 February	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00
Thurs 22 February	Drop In Café St Mark's Church, Paisley, PA1 3DL	2.00-4.00
Fri 23 February	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 23 February	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30

Mon 26 February	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 27 February	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 28 February	Lunch Club	12.30
Wed 28 February	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00

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