

What's On

March 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		
Friday 1 st March	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. For information about dementia, please ask our staff & volunteers. Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Monday 4 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 5 th March	Activity Session – History of Cars An opportunity to meet other car enthusiasts and enjoy reminiscing about old cars and fond car memories. For anyone who is living with dementia or impaired memory. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Tues 5 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Weds 6 th March	Gardening Group – In Dementia Resource Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a gardening activity. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Thurs 7 th March	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Thurs 7 th March	Self-Directed Support Information Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker. Drop in or call to book – Anne-Marie King	12.30 – 3.30pm

Fri 8 th March	<p>Football Memories</p> <p>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.</p> <p>Contact: Rebecca Morrow- Please book in advance</p>	11.00am – 12.30pm
Fri 8 th March	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Sat 9 th March	<p>NEW: Saturday Café</p> <p>Drop into our new Saturday community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	11.30am – 3.30pm
Mon 11 th March	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Tues 12 th March	<p>Activity Session – Music Sing-along</p> <p>For anyone living with dementia or impaired memory- an opportunity to meet others for an activity with singing and music, and reminiscing.</p> <p>Contact: Rebecca Morrow- Please book in advance</p>	2.00pm – 3.15pm
Tues 12 th March	<p>Community Café & Brain Health Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Thurs 14 th March	<p>Activity with Music</p> <p>For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music.</p> <p>Contact: Rebecca Morrow- Please book in advance</p>	2.00pm – 3.15pm
Fri 15 th March	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Mon 18 th March	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia.</p> <p>For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm

Tues 19 th March	Activity Session – Movie Session For anyone living with dementia or impaired memory- an opportunity to meet others to enjoy a movie and reminisce. Contact: Rebecca Morrow- Please book in advance	10.30am – 12.45pm
Tues 19 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Weds 20 th March	Gardening Group – In Dementia Resource Centre For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a gardening activity. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Thurs 21 st March	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Fri 22 nd March	Football Memories 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- Please book in advance	11.00am – 12.30pm
Fri 22 nd March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Mon 25 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Tues 26 th March	Activity - Art Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with creative flair. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Tues 26 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Weds 27 th March	Dementia Dog Day - Afternoon An opportunity to come along and enjoy the company of our friendly volunteer dogs. For anyone living with dementia & carers. Contact: Rebecca Morrow- Please book in advance	1.15pm – 2.00pm

Thurs 28 th March	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Rebecca Morrow- Please book in advance	11.00am – 12.15pm
Friday 29 th March	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. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Friday 29 th March	Carers Catch-up Information, advice and to meet other family carers. Contact: Anne-Marie King	2.00pm – 4.00pm

Please see Online Groups below:

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		
Thurs 7 th March	Rare Dementia Carer Support For anyone who is living with a rare dementia, an opportunity to meet others online for peer support.	11am – 12.30pm
Thurs 14 th March	FTD Carer Support Group For anyone who cares for a loved one who has Frontotemporal Dementia. Contact: Lindsay Voigt	7.00pm – 8.30pm

Contact details for groups:

Activity & Reminiscence Sessions

Contact: Rebecca Morrow Email: rmorrow@alzscot.org Tel: 07824524347

Information Sessions & Support Groups

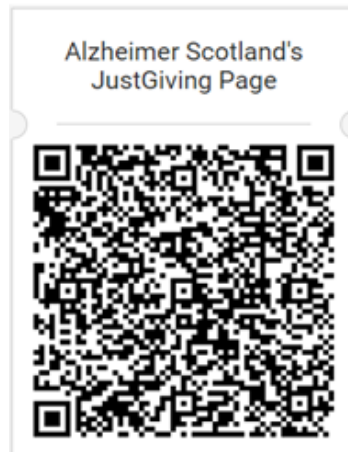
Contact: Anne-Marie King Email: aking@alzscot.org Tel: 07588 531 288

FTD Carer Support Group

Contact: Lindsay Voigt Email: 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:



24 HOUR

Dementia  **Alzheimer Scotland**
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

A purple rectangular banner with white and pink text. It features the text "24 HOUR" in a pink box, "Dementia" in white, the Alzheimer Scotland logo, "Alzheimer Scotland Action on Dementia" in white, "Helpline" in large white font, and contact information "Freephone 0808 808 3000" and "Email helpline@alzscot.org" in white on a pink background.