

What's on

March - 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		
Tuesday 5 th March	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00pm –15.00pm
Wednesday 6 ^h March	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU 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.	13.30pm – 3.00pm
Tuesday 12 th March	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00pm
Wednesday 13 th March	Dementia Reference Group Your Voice 12 Clyde Square Greenock PA15 1NB The Inverclyde reference group is for people living with Dementia Carere and those who are affected by Dementia. It is an informal group and provide opportunities to meet people in similar situations	11.00-12.00pm
Thursday 14 th March	Lunchtime Drop In Carers Centre 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor No appointment needed	12.00-13.30pm

Tuesday 19 th March	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00pm –15.00pm
Wednesday 20 st March	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU 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.	13.30 -15.00pm
Monday 25 th March	Musical Minds Greenock Baptist Church, St Andrews St Greenock PA15 1HG Songs from the shows and much more!! Our Musical Minds group is for people living with dementia and their family carers. Join us for tea, coffee, great entertainment, friendship.	10.30-12.00pm
Tuesday 26 th March	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00pm
Wednesday 27 th March	Dementia Cafe Kilmacolm Library, 13 Lochwinnoch Rd, Kilmacolm, PA13 4HB Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	11.00 –12.45pm
Thursday 28 th Feb	Lunchtime Drop In Carers Centre 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor No appointment needed	12.00-13.30pm

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/>
Contact details for groups: All Groups

Email: eedgar@alzscot.org Tel: 07803887806 office: 01475 261 100

24 HOUR

Dementia

Alzheimer Scotland
Action on Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org

