

What's on

March 2024 - Glasgow



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. If you need help to attend though, please come with a companion who can provide any support you need. Unfortunately, we are unable to provide transport for these groups and would therefore gently remind you that it is your responsibility to get to and from this community activity, safely.

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.

Community Groups		
Fri 1 st Mar		
Mon 4 th Mar		
	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
	Under 65 – Post Diagnostic Advice Clinic Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 4.00pm
	Brighton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
Tues 5 th Mar		
	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Yoker Café Yoker Resource Centre 10 Kelso Place Glasgow G14 0LL	10.30am – 12.30pm
	Musical Minds Café The Park Church, Ravenscliffe Drive Giffnock G46 7QS	1.30pm - 3.00pm

Wed 6th Mar	About Digital and Me (ADAM) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
Thurs 7th Mar	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
Fri 8th Mar		
Mon 11th Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
	Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
	Coffee & Culture at the Burrell Collection Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm
Tues 12th Mar	Post Diagnostic Support Drop-In Café - Over 65's Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12 noon
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12 noon
Wed 13th Mar	About Digital and Me (ADAM) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
	Screen Memories Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.00pm
Thurs 14th Mar	Brigton Café Alzheimer Scotland Bridgeton Resource Centre,	10.30am – 12.30pm

	11 Bridgeton Cross G40 1BN	
Fri 15th Mar	We Sing Together Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm
Mon 18th Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
Tue 19th Mar	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am- 12 noon
	Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm – 8.00pm
Wed 20th Mar	About Digital and Me (ADAM) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
	Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	12.30pm – 2pm
	Care and Repair Workshop with The Glasgow School of Art Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00 – 3.00pm
Thurs 21st Mar	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre	1.00pm - 2.30pm

	81 Oxford Street, Glasgow G5 9EP	
Fri 22nd Mar	Friday Fitness (To be confirmed) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 25th Mar	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café & the RCS musicians Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
Tues 26th Mar	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Tea & Blether Dementia Café Hillington Park Parish Church Main Door Entry 24 Berryknowes Road Cardonald Glasgow G52 2UD	12.30pm – 2.00pm
Wed 27th Mar	About Digital and Me (ADAM) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
Thurs 28th Mar	Brigton Café With RCS Student Musicians Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12.30pm
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	<u>Easterhouse Drop-In Café</u> <u>Easterhouse Sports Centre</u> <u>12 Auchinlea Road</u> <u>G34 9HQ</u>	1.00pm – 3.00pm
Fri 29th Mar	Friday Fitness (To be confirmed) Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11am – 12noon

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		
Wed 6 Mar	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 13 Mar	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 20 Mar	Transatlantic Jukebox Days	3.30pm – 4.15pm
Tue 26 Mar	Online Screen Memories	11.00am – 12noon
Wed 27 Mar	Transatlantic Jukebox Days	3.30pm – 4.15pm

Contact details for groups:

Younger Persons Monday Café

Younger Persons Post Diagnostic Link Worker & monthly advice drop in.

Jane Brown - Email: jbrown@alzscot.org

Tel: 07825 948 902

Post Diagnostic Support Drop-In Café over 65

Janice Stewart - Email: jstewart@alzscot.org

Tel: 07584 408 192

Weekly Monday Oxford Street Café

Chair Yoga

Are ye Dancing? Dance Exercise Classes

Lorna Shand - Email: lshand@alzscot.org

Tel: 07769 367 773

About Digital and Me

Rachel McLauchlan - Email: rmclauchlan@alzscot.org

Tel: 07341 096 832

Friday Fitness

Iain Houston - Email: ihouston@alzscot.org

Tel: 07919 344 513

Tea & Blether

Polly Mark - Email: pmark@alzscot.org

Tel: 07775 761 087

We Sing Together

Jenny Douglas - Email: jdouglas@alzscot.org

Tel: 07827 307 582

Easterhouse Drop-In Café

Kevin Black – Email: kblack@alzscot.org

Tel: 07769 364 311

Brigton Art Group,

Partick Thistle Football Memories,

Hampden Football Conversations,

Coffee & Culture at the Burrell

Jan Watson – Email: jwatson@alzscot.org

Tel: 07407 814 641

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

