

What's on

April 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.

Mon 1st April	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café & Home Energy Scotland 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
Tues 2nd April	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon
	Musical Minds Café The Park Church, Ravenscliffe Drive Giffnock G46 7QS	1.30pm - 3.00pm
Wed 3rd April	About Digital and Me (ADAM) Drop-In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
Thurs 4th April	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 5th April	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 8th April	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café with Una the Dog 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
	Coffee & Culture at the Burrell Collection Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm
Tues 9th April	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 10th April	About Digital and Me (ADAM) Drop-In 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 11th April	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
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm

Fri 12th April	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 15th April	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 16th April	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
	Dementia Family Dog Workshop Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 3.00pm
	Carer’s Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm – 8.00pm
Wed 17th April	About Digital and Me (ADAM) Drop-In 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
Thurs 18th April	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 19th April	Friday Fitness	11.00am – 12noon

	<p>Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>We Sing Together Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	1.30pm – 3.00pm
Mon 22nd April	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12noon</p> <p>1.30pm – 2.30pm</p>
Tues 23rd April	<p>Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	10.00am – 12noon
Wed 24th April	<p>About Digital and Me (ADAM) Drop-In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	10.30am – 12.30pm
Thurs 25th April	<p>Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Easterhouse Drop-In Café <u>Easterhouse Sports Centre</u> <u>12 Auchinlea Road</u> <u>G34 9HQ</u></p> <p>Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW</p>	<p>10.30 – 12.30pm</p> <p>1.00pm – 2.30pm</p> <p>1.00pm – 3.00pm</p> <p>2.00pm – 4.00pm</p>
Fri 26th April	<p>Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	11am – 12noon

Mon 29th April	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
	Under 65 – Post Diagnostic Advice Clinic Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 4.00pm
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
Tues 30th April	Tea & Blether Dementia Café Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald Glasgow G52 2UD	12.30pm – 2.00pm

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 3 rd April	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 10 th April	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 17 th April	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 24 th April	Transatlantic Jukebox Days	3.30pm – 4.15pm

contact Jan Watson on 07407 814641 or jwatson@alzscot.org

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

Are ye Dancing, Chair Yoga

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, Musical Minds

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

