

What's on

May 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		
Wed 1 May	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Fri 3 May	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 3 May	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 8 May	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 9 May	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00
Fri 10 May	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Mon 13 May	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 14 May	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 15 May	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Thurs 16 May	Carers Support Group 32, Riccartbar Avenue, Paisley, PA2 6BG	10.30-12.00
Fri 17 May	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 17 May	Keep Fit Exercise Class Paisley North Church, Paisley PA3 4AB	1.30-2.30
Wed 22 May	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00

Thurs 23 May	Houston Hello Café West Halls, Main Street, Houston	2.00-4.00
Thurs 23 May	Drop In Café St. Mark's Church, Paisley, PA1 3DL	2.00-4.00
Fri 24 May	Keep Fit Chair Exercise Class Paisley North Church, PA3 4AB	1.30-2.30
Mon 27 May	Football Memories St Mirren Park, Paisley, PA3 1RU	2.00-3.30
Tues 28 May	Singing Buddies Paisley North Church, Paisley, PA3 4AB	1.30-3.00
Wed 29 May	Lunch Club	12.30
Wed 29 May	Forget Me Not Café North Church, Renfrew, PA4 8RG	2.00-4.00
Fri 31 May	Cuppa And A Chat Morrisons Café, Johnstone, PA5 8SF	10.30-12.00
Fri 31 May	Keep Fit Chair Exercise Class Paisley North Church, PA3 4AB	1.30-2.30

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


**Alzheimer
Scotland**
Action on Dementia

Dementia Helpline

Freephone 0808 808 3000
 Email helpline@alzscot.org