

What's on

May 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.

Wed 1st May	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 2nd May	Brighton 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 3rd May	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 6th May	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café > VR Headset Trail 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 7th May	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
Wed 8th May	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 9th May	Brighton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	10.30am – 12.30pm 2.00pm – 4.00pm
Fri 10th May	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 13th May	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Oxford Street Café > With the RNIB Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP <u>Screen Memories > Monthly Trial</u> Bridgeton Day Care 9 Bridgeton Cross Glasgow, G40 1BN Brighton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm 10.30am – 12noon 11.00am – 12noon 2.00pm – 3.30pm
Tue 14th May	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre	10.00am- 12 noon

	81 Oxford Street, Glasgow G5 9EP	
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
Wed 15th May	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 16th May	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 17th May	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00am – 12noon
Mon 20th May	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
	Chair Yoga & Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
Tues 21st May	Post Diagnostic Support Drop-In Café over 65s Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12noon

	Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm – 8.00pm
Wed 22nd May	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 23rd May	Brigton Café 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
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 24th May	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11am – 12noon
Mon 27th May	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 (doggy bingo) 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 28th May	Tea & Blether Dementia Café and a Dance Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald Glasgow G52 2UD	12.30pm – 2.00pm
Wed 29th May	About Digital and Me (ADAM) Drop-In Alzheimer Scotland Brain Health & Dementia Resource Centre	10.30am – 12.30pm

	81 Oxford Street, Glasgow G5 9EP	
Thurs 30th May	Brigton Café 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
	Allotment Alzheimer Scotland Bellahouston Park, Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 31st May	Friday Fitness Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.00 – 12noon
	We Sing Together Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm

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 1 st May	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 8 th May	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 15 th May	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 22 nd May	Transatlantic Jukebox Days	3.30pm – 4.15pm
Wed 29 th May	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



24 HOUR  **Alzheimer Scotland**
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org