

What's On



May 2024 - Helensburgh

Our Community Groups are to be enjoyed by anyone who is living with dementia or experiencing difficulties with their memory, including families and friends-all are welcome. Those who are unable to attend independently should come with a companion who can provide any support that is required.

We are unable to provide transport for these groups and therefore it is your responsibility to get to and from these community activities, safely. Please speak to us if you need help to explore transport options.

We would be delighted to hear from you, if you have any questions, suggestions, worries or concerns, please find contact details on last page.

In Person Group		
Weds 1 st May	Gardening Group – Hermitage Park An opportunity to meet others and enjoy an activity. at our Community Garden in Hermitage Park. Meet at the Park at raised beds next to the saltire. Please make sure you use sun lotion and wear a hat to protect from the sun. Please bring gardening gloves Contact: Rebecca Morrow - Please book in advance	11.00am – 12.15pm
Thursday 2 nd May	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.15pm
Friday 3 rd May	Football Memories An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.30pm
Friday 3 rd May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Monday 6 th May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Tuesday 7 th May	Activity Session – Bird Bingo For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun game of bingo and to reminisce with others. Contact: Anne-Marie King. Please book in advance	11.00am – 12.15pm

Tuesday 7 th May	<p>Community Café & Brain Health Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Thursday 9 th May	<p>Activity with Music</p> <p>For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music.</p> <p>Contact: Anne-Marie King - Please book in advance</p>	11.00am – 12.15pm
Thursday 9 th May	<p>FTD Carer Support Group</p> <p>For anyone who cares for a loved one who has Frontotemporal Dementia.</p> <p>Contact: Lindsay Voigt</p>	7.00pm – 8.30pm
Friday 10 th May	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Monday 13 th May	<p>Community Café & Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Tuesday 14 th May	<p>Activity session – Travelling Around Scotland</p> <p>For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a virtual trip around Scotland and to chat about our experiences.</p> <p>Contact: Rebecca Morrow - Please book in advance</p>	11.00am – 12.15pm
Tuesday 14 th May	<p>Movement For Health </p> <p>A set of (six) weekly sessions, with the aim of increasing mobility and movement. One of our trained Community Dogs is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all six sessions. This course is currently fully booked, but please Contact Anne-Marie King if you are interested in possible future sessions.</p>	1.30pm – 2.30pm
Tuesday 14 th May	<p>Community Café & Brain Health Information Drop In - All Welcome</p> <p>Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers</p> <p>Helensburgh Dementia Resource Centre</p>	1.00pm – 4.00pm
Weds 15 th May	<p>Gardening Group – Hermitage Park</p> <p>An opportunity to meet others and enjoy an activity. at our Community Garden in Hermitage Park. Meet at the Park at raised beds next to the saltire. Please make sure you use sun lotion and wear a hat to protect from the sun. Please bring gardening gloves</p>	11.00am – 12.15pm

	Contact: Rebecca Morrow - Please book in advance	
Friday 17 th May	Football Memories An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.30pm
Friday 17 th May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Monday 20 th May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	11.00am – 12.15pm
Tuesday 21 st May	Activity and Reminiscence Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a fun activity and to reminisce with others. Contact: Anne-Marie King - Please book in advance	11.00am – 12.15pm
Tuesday 21 st May	Movement For Health  A set of (six) weekly sessions, with the aim of increasing mobility and movement. One of our trained Community Dogs is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all six sessions. This course is currently fully booked, but please contact Anne-Marie King if you are interested in possible future sessions. Contact: Anne-Marie King – Please book in advance	1.30pm – 2.30pm
Tuesday 21 st May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Thurs 23 rd May	Activity with Music For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session of seated exercise, with music. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.15pm
Friday 23 rd May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm

Monday 27 th May	Dementia Awareness Week – Open Day Open Afternoon & Tea and Blether ☕ All welcome to join us for our Open Afternoon, to find out more about our supports and services or enjoy a Tea & Blether.	1.00pm – 4.00pm
Tuesday 28 th May	Activity - Art Session For anyone living with dementia or impaired memory- an opportunity to meet others and enjoy a session with creative flair. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.15pm
Tuesday 28 th May	Movement For Health 🐕 A set of (six) weekly sessions, with the aim of increasing mobility and movement. One of our trained Community Dogs is a key part of the session bringing joy, social interaction and motivation. For maximum benefit, an individual should aim to attend all six sessions. This course is currently fully booked, but please contact Anne-Marie King if you are interested in possible future sessions. Contact: Anne-Marie King – Please book in advance	1.30pm – 2.30pm
Tuesday 28 th May	Community Café & Brain Health Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Weds 29 th May	Dementia Dog Day - Afternoon An opportunity to come along and enjoy the company of our friendly volunteer dogs. For anyone living with dementia & carers. Contact: Rebecca Morrow - Please book in advance	1.15pm – 2.00pm
Thurs 30 th May	Self-Directed Support Information Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker. Drop in or call to book – Anne-Marie King	12.30pm – 3.30pm
Friday 31 st May	Football Memories An opportunity to meet other football enthusiasts and enjoy reminiscing about old games, players, and fond football memories. For anyone who is living with dementia or impaired memory. Fortnightly. Contact: Rebecca Morrow - Please book in advance	11.00am – 12.30pm
Friday 31 st May	Community Café & Information Drop In - All Welcome Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. For information about dementia, please ask our staff & volunteers Helensburgh Dementia Resource Centre	1.00pm – 4.00pm
Friday 31 st May	Carers Catch-up Information, advice and to meet other family carers. Contact: Anne-Marie King	2.00pm – 4.00pm

Please see Online Groups on next page:

Online Groups

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		
Thurs 2 nd May	Rare Dementia Carer Support Group For anyone who is living with a rare dementia, an opportunity to meet others online for peer support.	11.00am – 12.30pm

Please see contact details for all groups below:

Contact details for groups:

Activity & Reminiscence Sessions

Contact: Rebecca Morrow Email: rmorrow@alzscot.org Tel: 07824 524 347

Information Sessions & Support Groups

Contact: Anne-Marie King Email: aking@alzscot.org Tel: 07588 531 288

FTD Carer Support Group

Contact: Lindsay Voigt Email: lvoigt@alzscot.org Tel: 07585 972 794

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/> Thank you.

The direct link to our Just Giving page can be found via our QR code below:

