

What's on May 2025 - 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.

Thurs 1st 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
Fri 2nd May	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 5th May	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Cafe with Uno the dog Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
Tues 6th May	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 7th May	Brigton Social Club Alzheimer Scotland	4.00pm – 6.00pm

	Day Care 9 Bridgeton Cross, G40 1BN	
Thurs 8 th 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 Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 9 th May	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 12 th 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
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
Tues 13 th May	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12noon
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
	Screen Memories Alzheimer Scotland Day Care 9 Bridgeton Cross, G40 1BN	11.00am – 12noon
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre	2.00pm – 3.30pm

	81 Oxford Street, Glasgow G5 9EP Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	6.00pm -8.00pm
Wed 14th May	Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	12.30pm – 2.00pm
Thurs 15th May	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP Allotment Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	10.30 – 12.30pm 1.00pm – 2.30pm 2.00pm – 4.00pm
Fri 16th May	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP We Sing Together Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm 1.30pm – 3.00pm
Mon 19th May	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP Coffee & Culture at the Burrell Pollok Country Park 2060 Pollokshaws Road	10.30am – 1.30pm 10.30am – 12.30pm 1.30pm – 2.30pm 2.00pm – 4.00pm

	Glasgow G43 1AT	
Tues 20th May	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 21st May		
Thurs 22nd May	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12 noon
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 23rd May	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 26th 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
	Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	2.00pm – 3.30pm
	Brain Health Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tues 27th May	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	Tea & a Blether Dementia Cafe Hillington Park Parish Church Main Door Entry	12.30pm – 2.00pm

	25 Berryknowes Road Cardonald, Glasgow G52 2UD	
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 28th May	Brain Health Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Thurs 29th May	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12 noon
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.00pm – 2.30pm
	Allotment Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	2.00pm – 4.00pm
Fri 30th May	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm

Online Groups for when you can't make it into the centres or want to watch from home.

Online Groups		
Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm

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

Alzheimer Scotland Virtual Resource Centre (VRC)

You can now take part or view a range of groups, activities and talks [online](#) from the comfort of your home. You will need to book a slot on most of the live groups but can watch others at any time. You will find the calendar and booking links on the VRC page link [HERE](#).

Any problems contact - **Suzie Beresford** SBeresford@alzscot.org

Contact details for groups:

Younger Persons Monday Café

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

Polly Mark – Email: pmark@alzscot.org

Tel: 07775 761 087

Weekly Monday Oxford Street Café

Chair Yoga,
Are ye Dancing? Dance Exercise Classes
Arts & Crafts Group
Games Group
Brain Health Drop In and appointments
Lorna Shand - Email: lshand@alzscot.org

Tel: 07769 367 773

Friday Fitness –
Carer's Café
Carer's Information Courses
Iain Houston - Email: ihouston@alzscot.org

Tel: 07919 344 513

Tea & Blether
Musical Monday's
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

Rutherglen Drop-In Memory 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
Arts & Crafts Group
The Social Club
The Allotment
Jan Watson – Email: jwatson@alzscot.org

Tel: 07407 814 641

Information, Advice and Local Support

If you need any help and support from your Dementia Advisors based in Glasgow our contact details are

Polly Mark pmark@alzscot.org 07775 761 087

Jenny Douglas jdouglas@alzscot.org 07827 307 582

Iain Houston ihouston@alzscot.org 07919 344 513

Kevin Black kblack@alzscot.org 07769 364 311

Alternatively, you can ring our Resource Centre on 0141 429 6428.

For any further information regarding groups contact Community Activity Organiser Jan Watson jwatson@alzscot.org or call 07407 814641

National Dementia Advisor Service

A national service is also available to support anyone looking for advice and support from Alzheimer Scotland. The service will help anyone who is concerned about their Brain Health, anyone who is struggling to get the right support and provide advocacy services to people with dementia and carers.

Available Monday to Friday 9am – 5pm 0300 373 5774 or email NDAS@alzscot.org

More information is on our website www.alzscot.org/ndas

Free 24-Hour Helpline is available anytime. (prefix 1470 if number is withheld or ex-directory)



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