

# What's On



**Alzheimer  
Scotland**  
Action on Dementia

## May 2025 - 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 the last page.

In Person Groups		
Thursday 1 <sup>st</sup> May	<b>Movement and Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Thursday 1 <sup>st</sup> May	<b>Self-Directed Support Drop In</b> Drop-in for 1-2-1 information & advice with Community Contacts SDS Specialist Worker.	12.30pm- 3.30pm
Friday 2 <sup>nd</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b> Drop into our community café and enjoy a refreshment for a small donation. All donations will help support those who are living with dementia. <b>For information about protecting brain health or dementia, please ask our staff &amp; volunteers.</b>	1.00pm – 4.00pm
Monday 5 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 6 <sup>th</sup> May	<b>Activity Session</b> An opportunity to meet others and enjoy a fun activity	11.00am – 12.15pm

Tuesday 6 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm- 4.00pm
Wednesday 7th May	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity.	11.00am – 12.00pm
Thursday 8 <sup>th</sup> May	<b>Movement with Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 9 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Monday 12 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 13 <sup>th</sup> May	<b>Activity Session</b> An opportunity to meet others and enjoy a fun activity	11.00am – 12.15pm
Tuesday 13 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 13 <sup>th</sup> May	<b>Paws for Thought</b> This is a unique opportunity for people with a new diagnosis of dementia to join with Sandy the Community Dog to learn gentle techniques which promote relaxation and overall well-being. In collaboration with Dogs for Good.	2.00pm- 3.00pm
Thursday 15 <sup>th</sup> May	<b>Movement with Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 16 <sup>th</sup> May	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories.	11.00am - 12md
Friday 16th May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Monday 19 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 20 <sup>th</sup> May	<b>Activity Session</b> An opportunity to meet others and enjoy a fun activity	11.00am – 12.15pm
Tuesday 20th May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 20th May	<b>Paws for Thought</b> In collaboration with Dogs for Good.	2.00pm- 3.00pm

Wednesday 21 <sup>st</sup> May	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity.	11.00am – 12.15pm
Thursday 22 <sup>n</sup> May	<b>Movement and Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 23 <sup>rd</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Monday 26 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 27 <sup>th</sup> May	<b>Activity Session</b> An opportunity to meet others and enjoy a fun activity	11.00am- 12.15pm
Tuesday 27 <sup>th</sup> May	<b>Community Café &amp; Brain Health /Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Tuesday 27 <sup>th</sup> May	<b>Paws for Thought</b> In collaboration with Dogs for Good.	2.00pm- 3.00pm
Wednesday 28 <sup>th</sup> May	<b>Dog Day - Afternoon</b> An opportunity to enjoy the company of our friendly volunteer dogs. For anyone living with dementia and family/carers. <b>Contact: Anne-Marie - Please book in advance</b>	2.00pm – 3.30pm
Thursday 29 <sup>th</sup> May	<b>Movement and Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am – 12.15pm
Friday 30 <sup>th</sup> May	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories.	11.00am – 12md
Friday 30 <sup>th</sup> May	<b>Community Café &amp; Brain Health/Dementia Information Drop In</b> <b>All Welcome</b>	1.00pm – 4.00pm
Friday 30 <sup>th</sup> May	<b>Carers Catch-Up</b> Information, advice and an opportunity to meet other family carers. In partnership with Helensburgh & Lomond Carer Centre. <b>Contact: Anne-Marie King</b>	2.00pm – 4.00pm

## 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

Thursday 1 <sup>st</sup> May	<b>Rare Dementia Carer Support</b> For anyone who is caring for a person who has a rare dementia, an opportunity to meet others online for peer support. <b>Please Contact Anne-Marie King for information.</b>	11.00am – 12.30pm
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## Contact details for groups:

### Activity Sessions & Groups

Contact : Elaine Kordys

Email: ekordys@alzscot.org

Tel: 07823 534244

### Information Sessions & Support Groups

Contact: Anne-Marie King

Email: aking@alzscot.org

Tel: 07588 531 288

### Frontotemporal Dementia Carer Support Group

Contact: Lindsay Voigt

Email: lvoigt@alzscot.org

Tel: 07585 972 794

**Find us:** Brain Health and Dementia Resource Centre - 23-25 W Princes St, Helensburgh G84 8TF

Our support and activities are only possible thanks to the donations we gratefully receive. We are able to accept donations via our Card Reader in the centre or via our Argyll & Bute Just Giving page <https://www.justgiving.com/fundraising/alzscot-argyllandbute> -the direct link to our Just Giving page can be found via our QR code below. For more information about making donations to Alzheimer Scotland please speak to a member of staff.

Thank You

Alzheimer Scotland's  
JustGiving Page



24 HOUR  
Dementia



**Alzheimer  
Scotland**  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)