

What's on

June 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.

Mon 2nd June	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 and AHP's 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 3rd June	Musical Minds Singing Group The Park Church, Ravenscliffe Drive Giffnock G46 7QS 1.30pm – 3.00pm
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP 2.00pm – 3.30pm
Wed 4th June	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP 2.00pm – 4.00pm
	Friends & Family Dance Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP 7.00pm – 9.00pm

Thurs 5th June	Brigton Café with students from the Royal Conservatoire of Scotland 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 with Music & Art Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	2.00pm – 4.00pm
	Dementia-Friendly Visits at the Scottish Football Museum in Hampden Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 6th June	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 9th June	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 10th June	No Arts & Crafts Group	
	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 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 11th June		
Thurs 12th June	Brighton 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 Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW	2.00pm – 4.00pm
	Dementia-Friendly Visits at the Scottish Football Museum in Hampden Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 13th June	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 16th June	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 – 12 noon
	Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
	Coffee & Culture at the Burrell Pollok Country Park 2060 Pollokshaws Road Glasgow G43 1AT	2.00pm – 4.00pm
Tues 17th June	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre	2.00pm – 3.30pm

	<p>81 Oxford Street, Glasgow G5 9EP</p> <p>Carer's Café – Jim Pearson, Deputy Chief Executive is coming along for a Q & A 6.00pm- 8.00pm</p> <p>Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Wed 18th June	<p>Hampden Football Conversations 12.30pm – 2.00pm Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p> <p>Brain Health 1:1 Appointments 2.00pm – 4.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Thurs 19th June	<p>Brigton Café – Dementia Dog Visit 10.30 – 12 noon Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>No Dance Class</p> <p>Allotment 2.00pm – 4.00pm Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW</p> <p>Dementia-Friendly Visits at the Scottish Football Museum in Hampden 2.00pm – 5.00pm Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p>
Fri 20th June	<p>Fitness Friday 11.30am – 12.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>We Sing Together Café 1.30pm – 3.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Mon 23rd June	<p>Younger Persons Café – under 65 10.30am – 1.30pm Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café 10.30am – 12noon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>

	Brighton 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 24th June	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 25 Berryknowes Road Cardonald, Glasgow G52 2UD	12.30pm – 2.00pm
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 25th June	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.00am – 12 noon
Thurs 26th June	Brighton 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
	Dementia-Friendly Visits at the Scottish Football Museum in Hampden Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 27th June	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre	11.30am – 12.30pm

	81 Oxford Street, Glasgow G5 9EP	
Mon 30th June	Younger Persons Café – under 65	10.30am – 1.30pm
	Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	
	Oxford Street Café – with the Telecare Team	10.30am – 12 noon
	Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	
	Chair Yoga & Cafe	1.30pm – 2.30pm
	Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	

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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