

# What's On



## June 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		
Dementia Awareness Week Monday 2 <sup>nd</sup> June to Sunday 8 <sup>th</sup> June		
Monday 2 <sup>nd</sup> June	<b>Open Afternoon &amp; Community Cafe</b> Call into our Open Afternoon to find out about brain health and dementia supports and services, and to meet the centre team. All are welcome	1.00pm - 4.00pm
Tuesday 3 <sup>rd</sup> June	<b>Activities and Reminiscence</b> An opportunity to meet others and enjoy a fun activity. We will be enjoying an art activity on the theme of friendship.	11.00am – 12.15pm
Tuesday 3 <sup>rd</sup> June	<b>Paws for Thought in collaboration with Dogs for Good.</b> A 7-week workshop exploring Movement and Mindfulness working alongside the Community dog Sandy. These are bookable sessions with limited capacity. Contact Elaine Kordys	2.00pm-3.00pm
Tuesday 3 <sup>rd</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm

Wednesday 4 <sup>th</sup> June	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity. We aim to meet at the top of Hermitage Park, community garden. In the event of bad weather we will meet in the Centre. A confirmation email of the location will be sent on Wednesday in the morning. Please book if coming for the first time. Contact Elaine Kordys	11.00am - 12.00pm
Thursday 5 <sup>th</sup> June	<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 5 <sup>th</sup> June	<b>SDS Information Drop In</b> Drop in for 1-2-1 Self Directed Support (SDS) information and advice with Community Contacts Specialist Worker	1230pm- 3.30pm
Friday 6 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm - 4.00pm
Monday 9 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm - 4.00pm
Tuesday 10 <sup>th</sup> June	<b>Activities and Reminiscence</b> An opportunity to meet others and enjoy a creative arts activity.	11.00am – 12.15pm
Tuesday 10 <sup>th</sup> June	<b>Paws for Thought in collaboration with Dogs for Good.</b> A 7-week workshop exploring Movement and Mindfulness working alongside the Community Dog Sandy. These are bookable sessions with limited capacity. Contact Elaine Kordys	2.00pm - 3.00pm
Tuesday 10 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Thursday 12 <sup>th</sup> June	<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 13 <sup>th</sup> June	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories	11.00am – 12.00pm
Friday 13 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Monday 16 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 17 <sup>th</sup> June	<b>Activities and Reminiscence</b> With a nod to ‘Eat Your Vegetables Day’ we will be visited by our local grocers ‘Natures Harvest’. We can talk about and have a taste of some nutritious snacks.	11.00am – 12.15pm

Tuesday 17 <sup>th</sup> June	<b>Paws for Thought in collaboration with Dogs for Good.</b> A 7-week workshop exploring Movement and Mindfulness working alongside the Community dog Sandy. These are bookable sessions with limited capacity. Contact Elaine Kordys	2.00pm - 3.00pm
Tuesday 17 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Wednesday 18 <sup>th</sup> June	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity. We aim to meet at the top of Hermitage Park, community garden. In the event of bad weather we will meet in the Centre. A confirmation email of the location will be sent on Wednesday in the morning. Please book if coming for the first time. Contact Elaine Kordys	11.00am – 12.15pm
Thursday 19 <sup>th</sup> June	<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 20 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Monday 23 June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 24 <sup>th</sup> June	<b>Activities and Reminiscence</b> You are invited to bring along an item that means something to you. We can chat about these items and share stories and memories.	11.00am - 12.15pm
Tuesday 24 <sup>th</sup> June	<b>Paws for Thought in collaboration with Dogs for Good.</b> A 7-week workshop exploring Movement and Mindfulness working alongside the Community dog Sandy. These are bookable sessions with limited capacity. Contact Elaine Kordys	2.00pm – 3.00pm
Tuesday 24 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Thursday 26 <sup>th</sup> June	<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 27 <sup>th</sup> June	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories	11.00am – 12.00pm
Friday 27 <sup>th</sup> June	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm

Friday 27 <sup>th</sup> June	<b>Carers Catch Up</b> Information , advice and an opportunity to meet other family cares. In collaboration with Helensburgh & Lomond Carers         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 5 <sup>th</sup> June	<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

## Contact details for groups:

### Activity Sessions & Groups

Contact : Elaine Kordys

Email: [ekordys@alzscot.org](mailto:ekordys@alzscot.org)

Tel: 07823 534244

### Information Sessions & Support Groups

Contact: Anne-Marie King

Email: [aking@alzscot.org](mailto:aking@alzscot.org)

Tel: 07588 531 288

### Frontotemporal Dementia Carer Support Group

Contact: Lindsay Voigt

Email: [lvoigt@alzscot.org](mailto: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.

