

What's on

July- Inverclyde



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; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.

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.

In Person Group		
Tues 1 st July	Dementia Café Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00–15.00
Monday 7 th July	Gardening Group at Caddlehill allotments Caddlehill Allotments at the top of Kelly Street PA16 8TS Come along to our garden group enjoy nature in a quiet calm environment, where you can do some gardening, give gardening advise, make new friends enjoy the gardening space we are creating together , our gardening group is for people living with dementia carers family. Join us for tea coffee friendship support and a very warm welcome.	13.30-15.00
Tuesday 8 th July	Lunchtime Drop In Carers Centre 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor Elaine No appointment needed	12.00 -13.30
Tuesday 8 th July	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00
Wed 9 th July	Golf Memories Gourock Golf club Cowal View Gourock PA19 1 HD Golf memories is a very welcoming group for people living with dementia that features a host of activities including a golf stimulator, quizzes and visual activities for attendees to participate in and can Reminisce about their memories and stories. Tea/coffee provided	13.30-15.00

Mon 14 th July	Gardening Group at Caddelhill allotments Caddelhill Allotments at the top of Kelly Street PA16 8TS Come along to our garden group enjoy nature in a quiet calm environment, where you can do some gardening, give gardening advise, make new friends enjoy the gardening space we are creating together , our gardening group is for people living with dementia carers family. Join us for tea coffee friendship support and a very warm welcome.	10.00-12.00
Mon 14 th July	Lyle gateway Embracing Memorie Memory Café Lyle Gateway 31 Union Street Greenock Community, song and support. For people living with dementia and their carers. Come along and enjoy heartwarming singing session led by Daniela Alzheimer Scotland Dementia Advisor Elaine will be on site from 12-2pm to offer confidential advice and support Light lunch provided from 11.30	11.30 -14.00
Tues 15 th July	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00
Wed 16 th July	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU Football memories is a welcoming group for people with living with dementia that features archive images of players, trophies, old match balls, kit and other memorabilia session. It lasts for 90 minutes with a Bovril (or tea/coffee).	13.30-1500
Mon 21 st July	Gardening Group at Caddelhill allotments Caddelhill Allotments at the top of Kelly Street PA16 8TS Come along to our garden group enjoy nature in a quiet calm environment, where you can do some gardening, give gardening advise, make new friends enjoy the gardening space we are creating together , our gardening group is for people living with dementia carers family.	10.00-12.00
Tuesday 22 nd July	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00

Wed 23 rd July	Golf Memories Gourock Golf club Cowal View Gourock PA19 1 HD Golf memories is a very welcoming group for people living with dementia that features a host of activities including a golf stimulator, quizzes and visual activities for attendees to participate in and can reminisce about their memories and stories from their golf days. Light refreshments are provided.	13.30-1500
Mon 28 th July	Gardening Group at Caddlehill allotments Caddlehill Allotments at the top of Kelly Street PA16 8TS Come along to our garden group enjoy nature in a quiet calm environment, where you can do some gardening, give gardening advise, make new friends enjoy the gardening space we are creating together, our gardening group is for people living with dementia carers family. Join us for tea coffee friendship support and a very warm welcome.	10.00-12.00pm
Monday 28 th July	Carer Support Group, Carers Gateway 29 West Stewarts Street Greenock PA15 1SH A carers support group provides carers with an opportunity to meet other carers, talk about caring role learning from each other who understand what they are going through. Elaine Dementia advisor and Anne-Marie carer support officer will be available for carers looking for support or advice. Tea/coffee provided	13.00-14.30
Monday 28 th July	Carer Coffee and catch up Alzheimer Scotland Resource centre 1 Nicol Street Greenock PA16 7EN A carers support group provides carers with an opportunity to meet other carers, talk about caring role learning from each other who understand what they are going through Tea/coffee provided	18.00- 19.30
Tues 29 th July	Lunchtime Drop In Carers Centre 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor Elaine No appointment needed.	12.00-13.30
Tues 29 th July	Dementia Café Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00-15.00

Wed 30 th July	Dementia café Kilmacolm Library 13 Lochwinnoch Road Kilmacolm PA13 4HB Drop-in for people living with dementia, their carers & families. Join us for refreshments' creativity; stories and the opportunity to make new friends.	11.00- 12.45
Wed 30 th July	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU Football memories is a welcoming group for people with living with dementia that features archive images of players, trophies, old match balls, kit and other memorabilia session. It lasts for 90 minutes with a Bovril (or tea/coffee).	13.30-1500

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/>
Contact details for groups: All Groups

Dementia Advisor

Elaine Edgar

Community activity Organiser Janice Farren

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