

# What's On

## August 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		
Monday 4th August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In . 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
Tuesday 5 <sup>th</sup> August	<b>Activity Session</b> An opportunity to meet others and enjoy a creative arts activity.	11.00am-12.15pm
Tuesday 5 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 5 <sup>th</sup> August	<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. <b>Contact Elaine Kordys</b>	2.00pm-3.30pm
Wednesday 6 <sup>th</sup> August	<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.	11.00am–12.15pm

Thursday 7 <sup>th</sup> August	<b>Movement with Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.	11.00am– 12.15pm
Thursday 7 <sup>th</sup> August	<b>Self-Directed Support Drop-in</b> For information and advice about SDS, call in and talk with Community Contacts Specialist SDS Project Worker.	12.30pm – 3.30pm
Friday 8 <sup>th</sup> August	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories.	11.00am– 12.00pm
Friday 8 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop-In . 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 11 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In . All Welcome</b>	1.00pm– 4.00pm
Tuesday 12 <sup>th</sup> August	<b>Activity Session</b> An opportunity to meet others and enjoy a creative arts activity. We will be working on a still life together.	11.00am– 12.15pm
Tuesday 12 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Thursday 14 <sup>th</sup> August	<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 15 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Monday 18 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 19 <sup>th</sup> August	<b>Activity Session</b> We will be exploring the senses – taste, sounds, vision, hearing and touch to see what stories and memories they may trigger.	11.00am– 12.15pm
Tuesday 19 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop-In. All Welcome</b>	1.00pm – 4.00pm
Wednesday 20 <sup>th</sup> August	<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.	11.00am– 12.15pm

Thursday 21 <sup>st</sup> August	<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 22 <sup>nd</sup> August	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories.	11.00am – 12.00pm
Friday 22 <sup>nd</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Monday 25 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 26 <sup>th</sup> August	<b>Activity Session</b> We will be enjoying a trip out to Balmaha. This is a bookable event. Please contact Elaine	11.00am – 12.15pm
Tuesday 26 <sup>th</sup> August	<b>Community Café &amp; Brain Health/Dementia Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Wednesday 27 <sup>th</sup> August	<b>Dog Day Session</b> An opportunity to enjoy the company of our friendly volunteer dogs. For anyone living with dementia and family/carers. <b>Please contact the Centre: 01436 678050</b>	2.00pm - 3.00pm
Thursday 28 <sup>th</sup> August	<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 29 <sup>th</sup> August	<b>Community Café &amp; Brain Health /Dementia Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Friday 29 <sup>th</sup> August	<b>Carers Catch-Up</b> Information, advice and an opportunity to meet other family carers. In partnership with Helensburgh & Lomond Carer Centre <b>Contact Centre: 01436 678050</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 7 <sup>th</sup> August	<b>Rare Dementia Carer Support</b>	11.00am – 12.30pm

For anyone who is caring for a person who has a rare dementia, an opportunity to meet others online for peer support.

**Please Contact Anne-Marie King for information.**

### 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

#### General Enquiries

Contact: Alexis Bliss

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

Tel: 01436 678050

**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



