

What's on

July 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.

Tues 1st July	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 2nd July	Brigton Social Club Day Care Centre 9 Bridgeton Cross G40 1BN	4.00pm – 6.00pm
Thurs 3rd July	Brigton Café 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 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	2.00pm – 5.00pm

	Glasgow G42 9BA	
Fri 4th July	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am– 12.30pm
Mon 7th July	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 1.30pm
	Oxford Street Café – with Uno the dog and Glasgow Centre for Exclusive Living 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
	Brain Health Drop In Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Tues 8th July	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12noon
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm

Wed 9th July	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Thurs 10th July	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 11th July	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 14th July	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 15th July	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street,	2.00pm – 3.30pm

	<p>Glasgow G5 9EP</p> <p>Carer's Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	6.00pm– 8.00pm
Wed 16th July	<p>Hampden Football Conversations Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p>	12.30pm – 2.00pm
Thurs 17th July	<p>Brigton Café – Dementia Dog Visit Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Allotment Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW</p> <p>Dementia-Friendly Visits at the Scottish Football Museum in Hampden Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p>	<p>10.30 – 12 noon</p> <p>1.00pm – 2.30pm</p> <p>2.00pm – 4.00pm</p> <p>2.00pm – 5.00pm</p>
Fri 18th July	<p>Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>We Sing Together Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>	<p>11.30am – 12.30pm</p> <p>1.30pm – 3.00pm</p>
Mon 21st July	<p>Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Brigton Art Group Alzheimer Scotland Bridgeton Resource Centre,</p>	<p>10.30am – 1.30pm</p> <p>10.30am – 12noon</p> <p>2.00pm – 3.30pm</p>

	11 Bridgeton Cross G40 1BN	
Tues 22nd July	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP Tea & a Blether Dementia Cafe Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald, Glasgow G52 2UD Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon 12.30pm – 2.00pm 2.00pm – 3.30pm
Wed 23rd July		
Thurs 24th July	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP Allotment Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW Dementia-Friendly Visits at the Scottish Football Museum in Hampden Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	10.30 – 12 noon 1.00pm – 2.30pm 2.00pm – 4.00pm 2.00pm – 5.00pm
Fri 25th July	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 28th July	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN Oxford Street Café and Glasgow Museum – 1970's archive box Alzheimer Scotland Brain Health & Dementia Resource Centre	10.30am – 1.30pm 10.30am – 12 noon

Online Groups for when you can't make it into the centres or want to watch from home.

Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm
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contact Jan Watson for the link on 07407 814641 or jwtatson@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)



Remember to let me know if you want to stay on the list by either replying to this email or contacting me with a new email on jwatson@alzscot.org. If we have not had a reply by the

September issue, we will assume you no longer wish to receive a newsletter. Thanks for keeping us up to date

Privacy Notice – *We will store your details so we can better support you – all the information about what we do with your details is available in our privacy policy on our website www.alzscot.org/privacy*