What's on August 2025 - Glasgow Alzheimer Scotland Action on Dementic

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.

Fri 1 st Aug	Fitness Friday	11.30am – 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Mon 4 th Aug	Younger Persons Café – under 65	10.30am – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Oxford Street Café with Uno the dog	10.30am – 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Brigton Art Group	
	Alzheimer Scotland	2.00pm - 3.30pm
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Brain Health Drop In	2.00pm – 4.00pm
	Alzheimer Scotland Brain Health &	2.000
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Tues 5 th Aug	Arts & Craft Group	10.30am – 12 noon
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Musical Minds Singing Group	1.30pm – 3.00pm
	The Park Church, Ravenscliffe Drive	
	Giffnock	
	G46 7QS	

	Games Afternoon	2.00pm – 3.30pm
	Alzheimer Scotland Brain Health &	2.00pm = 5.50pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Wed 6 th Aug	Hampden Football Conversations	12.30pm – 2.00pm
wed o Aug	Alzheimer Scotland	
	Hampden Park	
	(Lower-Level Hall) from Main Entrance	
	Glasgow G42 9BA	
	Brain Health 1:1 Appointments	2.00pm – 4.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Brigton Social Club	4.00pm – 6.00pm
	Day Care Centre	
	9 Bridgeton Cross	
	G40 1BN	
Thurs 7 th Aug	Brigton Café	10.30 – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Are ye dancing?	1.00pm – 2.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Allotment	2.00pm – 4.00pm
	Bellahouston Park (across from the Ski Centre)	
	Dumbreck Road G41 5BW	
	Dementia-Friendly Visits at the Scottish Football	2.00pm – 5.00pm
	Museum in Hampden (Please call ahead)	
	Hampden Park	
	(Lower-Level Hall) from Main Entrance	
	Glasgow G42 9BA	
Fri 8 th Aug	Fitness Friday	11.30am – 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Mon 11 th Aug	Younger Persons Café – under 65	10.30am – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Oxford Street Café – Ask an AHP	10.30am – 12.30pm
	Alzheimer Scotland Brain Health & Dementia	•
	Deserving Control	
	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	
Tues 12 th Aug	Partick Thistle Football Memories	10.30am – 12 noon
	Alzheimer Scotland	
	Firhill Stadium, 90 Firhill Road, G20 7AL	
	Games Afternoon	
	Alzheimer Scotland Brain Health &	2.00pm - 3.30pm
	Dementia Resource Centre	
	81 Oxford Street,	
	Glasgow G5 9EP	
Ved 13 th Aug	Hampden Football Conversations	12.30pm – 2.00pm
	Alzheimer Scotland	
	Hampden Park	
	(Lower-Level Hall) from Main Entrance Glasgow G42 9BA	
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	Brain Health 1:1 Appointments	2.00pm – 4.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
hurs 14 th Aug	Brigton Café – Dementia Dog Visit	10.30 – 12 noon
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Are ye dancing?	1.00pm – 2.30pm
	Alzheimer Scotland Brain Health &	1.00pm 2.30pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Allotment	
	Bellahouston Park (across from the Ski Centre)	2.00pm – 4.00pm
	Dumbreck Road	
	G41 5BW	
		2.00pm – 5.00pm
	Dementia-Friendly Visits at the Scottish Football	
	Museum in Hampden (Please call ahead)	
	Hampden Park (Lower-Level Hall) from Main Entrance	
	Glasgow G42 9BA	
Fri 15 th Aug	Fitness Friday	11.30am – 12.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	We Sing Together Café	1.30pm – 3.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	
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Mon 18 th Aug	Younger Persons Café – under 65	10.30am – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Oxford Street Café	10.20 12.20
	Alzheimer Scotland Brain Health &	10.30am – 12.30pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Brigton Art Group	2.00pm – 3.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
Tues 19 th Aug	Arts & Craft Group	10.30am – 12 noon
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Games Afternoon	2.00pm – 3.30pm
	Alzheimer Scotland Brain Health &	2.00pm 3.30pm
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Carer's Café	6.00pm – 8.00pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Wed 20 th Aug	Hampden Football Conversations	12.30pm – 2.00pm
	Alzheimer Scotland	
	Hampden Park	
TI 24 St A	(Lower-Level Hall) from Main Entrance	40.20 42
Thurs 21st Aug	Brigton Café	10.30 – 12 noon
	Alzheimer Scotland	
	Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	
	11 Blidgetoll Closs 640 IBN	
	No Dance Class	
	Allotment	2.00pm – 4.00pm
	Bellahouston Park (across from the Ski Centre)	
	Dumbreck Road G41 5BW	
	Dementia-Friendly Visits at the Scottish Football	
	Museum in Hampden (Please call ahead)	2.00pm – 5.00pm
	Hampden Park	
	(Lower-Level Hall) from Main Entrance	
	Glasgow G42 9BA	
Fri 22 nd Aug	Fitness Friday	11.30am – 12.30pm
	Alzheimer Scotland Brain Health &	•
	Dementia Resource Centre	

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Mon 25 th Aug	Younger Persons Café – under 65	10.30am – 12.30pm
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Oxford Street Café	10.30am – 12.30pm
	Glasgow Museum – Glasgow café archive box.	
	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	
Tues 26th Aug	Tea & a Blether Dementia Cafe	12.30pm – 2.00pm
	Hillington Park Parish Church	
	Main Door Entry	
	25 Berryknowes Road	
	Cardonald, Glasgow G52 2UD	
	Games Afternoon	2.00pm – 3.30pm
	Alzheimer Scotland Brain Health &	2.00p
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Wed 27 th Aug	Brain Health 1:1 Appointments	2.00pm – 4.00pm
Ü	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
Thurs 28th Aug	Brigton Café	10.30 – 12 noon
	Alzheimer Scotland	
	Bridgeton Resource Centre,	
	11 Bridgeton Cross G40 1BN	
	Are ye dancing?	1.00pm – 2.30pm
	Alzheimer Scotland Brain Health &	
	Dementia Resource Centre	
	81 Oxford Street, Glasgow G5 9EP	
	Allotment	2.00pm – 4.00pm
	Bellahouston Park (across from the Ski Centre)	ph
	Dumbreck Road G41 5BW	
	Dementia-Friendly Visits at the Scottish Football	2.00pm – 5.00pm
	Museum in Hampden (Please call ahead)	-ioopiii oioopiii
	Hampden Park	
	(Lower-Level Hall) from Main Entrance	
	Glasgow G42 9BA	
oth -	Fitness Friday	11.30am – 12.30pm
Fri 29" Aug		-
Fri 29 th Aug	Alzheimer Scotland Brain Health &	
Fri 29''' Aug	Alzheimer Scotland Brain Health & Dementia Resource Centre	

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

Online Groups

Every Transatlantic Jukebox Days

3.30pm - 4.15pm

Wednesday

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 <u>online</u> 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 <u>HERE</u>. Any problems contact - **Suzie Beresford** <u>SBeresford@alzscot.org</u>

Contact details for groups:

Younger Persons Monday Café

Younger Persons Post Diagnostic Link Worker & monthly advice drop in.

Rebecca Carrigan – Email: rcarrigan@alzscot.org

Tel: 07766 820 753

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

lain Houston - Email: ihouston@alzscot.org Tel: 07919 344 513

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,
Tea & a Blether
Arts & Crafts Group
The Social Club
The Allotment

Tel: 07407 814 641

If you need any help and support from your Dementia Advisors based in Glasgow our contact details are:

Jenny Douglas <u>idouglas@alzscot.org</u> 07827 307 582

lain Houston ihouston@alzscot.org 07919 344 513

Information, Advice and Local Support

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