

What's on September 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.

Mon 1st Sept	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Oxford Street Café with Uno the dog Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	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 2nd Sept	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	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 3rd Sept	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
	Brigton Social Club Day Care Centre 9 Bridgeton Cross G40 1BN	4.00pm – 6.00pm
Thurs 4th Sept	Brigton 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	1.30pm – 3.00pm
	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 (Please call ahead) Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 5th Sept	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 8th Sept	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	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
Tues 9th Sept	Partick Thistle Football Memories Alzheimer Scotland Firhill Stadium, 90 Firhill Road, G20 7AL	10.30am – 12 noon
	Games Afternoon Alzheimer Scotland Brain Health &	2.00pm – 3.30pm

	Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	
Wed 10th Sept	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Thurs 11th Sept	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12 noon
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm
	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 (Please call ahead) Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 12th Sept	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 15th Sept	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	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 16th Sept	Arts & Craft Group Alzheimer Scotland Brain Health &	10.30am – 12 noon

	<p>Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Games Afternoon 2.00pm – 3.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Carer's Café 6.00pm – 8.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Wed 17th Sept	<p>Hampden Football Conversations 12.30pm – 2.00pm Alzheimer Scotland Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA</p> <p>Brain Health Drop In 2.00pm – 4.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Thurs 18th Sept	<p>Brigton Café 10.30 – 12 noon Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN</p> <p>Are ye dancing? 1.30pm – 3.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>Allotment 2.00pm – 4.00pm Bellahouston Park (across from the Ski Centre) Dumbreck Road G41 5BW</p> <p>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</p>
Fri 19th Sept	<p>Fitness Friday 11.30am – 12.30pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p> <p>We Sing Together Café 1.30pm – 3.00pm Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP</p>
Mon 22nd Sept	<p>Younger Persons Café – under 65 10.30am – 12.30pm</p>

	Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	
	Oxford Street Café Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12.30pm
	Chair Yoga & Cafe Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 2.30pm
Tues 23rd Sept	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm
Wed 24th Sept	Brain Health 1:1 Appointments Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 4.00pm
Thurs 25th Sept	Brigton Café Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30 – 12 noon
	Are ye dancing? Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	1.30pm – 3.00pm
	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 (Please call ahead) Hampden Park (Lower-Level Hall) from Main Entrance Glasgow G42 9BA	2.00pm – 5.00pm
Fri 26th Sept	Fitness Friday Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	11.30am – 12.30pm
Mon 29th Sept	Younger Persons Café – under 65 Alzheimer Scotland Bridgeton Resource Centre, 11 Bridgeton Cross G40 1BN	10.30am – 12.30pm
	Oxford Street Café with The Advocacy Project Alzheimer Scotland Brain Health & Dementia Resource Centre	10.30am – 12 noon

	81 Oxford Street, Glasgow G5 9EP	
	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 30th Sept	Arts & Craft Group Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	10.30am – 12 noon
	Tea & a Blether Dementia Cafe Hillington Park Parish Church Main Door Entry 25 Berryknowes Road Cardonald, Glasgow G52 2UD	12.30pm – 2.00pm
	Games Afternoon Alzheimer Scotland Brain Health & Dementia Resource Centre 81 Oxford Street, Glasgow G5 9EP	2.00pm – 3.30pm

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

Online Groups		
Every Wednesday	Transatlantic Jukebox Days	3.30pm – 4.15pm

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 [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.

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
Iain Houston - Email: ihouston@alzscot.org

Tel: 07919 344 513

We Sing Together, Musical Minds
Tea & a Blether
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
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:

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