

# What's On

## September 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 1 <sup>st</sup> September	<b>Cuppa &amp; Company. All Welcome</b> Drop in enjoy a refreshment and some company For information about protecting brain health or dementia, please ask our staff & volunteers. <b>Contact Anne-Marie</b>	1.30pm- 3.30pm
	Community Hub 116 East Princes Street, Helensburgh, G84 7DQ	
Tuesday 2 <sup>nd</sup> September	<b>Activity Session – Creative Arts</b> An opportunity to meet others and enjoy a creative arts activity. <b>Contact Elaine</b>	11.00am- 12.15pm
	Community Hub 116 East Princes Street, Helensburgh, G84 7DQ	
Tuesday 2 <sup>nd</sup> September	<b>FTD Carer Support Group</b> For anyone who is caring for someone who has a diagnosis of Frontotemporal Dementia. <b>Contact Lindsay</b>	7pm- 8.30pm
	Commodore Hotel 112-117 West Clyde St, Helensburgh G84 8ES	
Wednesday 3 <sup>rd</sup> September	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity, in Hermitage Park. <b>Please book this session in advance-</b> a confirmation email of the location will be sent on Wednesday morning (location may change in the event of bad weather).	11.00am- 12.15pm

	<b>Contact Elaine Kordys</b>	
Thursday 4 <sup>th</sup> September	<b>Movement with Music</b> An opportunity to meet others and enjoy a session of seated movement, music and song.  Brain Health & Dementia Resource Centre	11.00am– 12.15pm
Friday 5 <sup>th</sup> September	<b>Football Memories</b> Meet other football enthusiasts and share fond football memories.  Brain Health & Dementia Resource Centre	11.00am– 12.00pm
Monday 8 <sup>th</sup> September	<b>Community Café &amp; 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 9 <sup>th</sup> September	<b>Activity Session -Creative Arts</b> An opportunity to meet others and enjoy a creative arts activity.	11.00am– 12.15pm
Tuesday 9 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Thursday 11 <sup>th</sup> September	<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 12 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Monday 15 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 16 <sup>th</sup> September	<b>Activity Session – Community Connect</b> We will be welcoming Gill Simpson from The Helensburgh Community Hub. We will learn more about the community events that happen there and learn about Helensburgh’s hidden gem ‘The Book Nook.’ You are welcome to bring a favourite book or audio book from the past or present. <b>Contact Elaine</b>	11.00am– 12.15pm
Tuesday 16 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Wednesday 17 <sup>th</sup> September	<b>Nature Group</b> An opportunity to meet others and enjoy a nature-based activity, in Hermitage Park. <b>Please book this session in advance-</b> a confirmation email of the location will be sent on Wednesday morning (location may change in the event of bad weather).  <b>Contact Elaine Kordys</b>	11.00am– 12.15pm

Thursday 18 <sup>th</sup> September	<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 19 <sup>th</sup> September	<b>Football Memories</b> Enjoy some reminiscence and share fond football memories.	11.00am – 12.00pm
Friday 19 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Monday 22 <sup>nd</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 23 <sup>rd</sup> September	<b>Activity Session – Community Connect</b> We will be visited by a member of ‘The Antonine Wall Project.’ We will learn about the Antonine Wall and the life of the romans by hearing stories and handling objects.	11.00am – 12.15pm
Tuesday 23 <sup>rd</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Wednesday 24 <sup>th</sup> September	<b>Dog Day Session</b> An opportunity to enjoy some canine company. <b>Contact Anne-Marie</b>	2.00pm - 3.00pm
Thursday 25 <sup>th</sup> September	<b>Movement and Music</b> We will enjoy a visit from Sounds Good – Helensburgh Community Choir.	11.00am- 12.15pm
Friday 26 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Friday 26 <sup>th</sup> September	<b>Carers Catch-Up</b> For information, advice and an opportunity to meet other family carers. In partnership with Helensburgh & Lomond Carer Centre <b>Contact Anne-Marie</b>	2.00pm - 4.00pm
Monday 29 <sup>th</sup> September	<b>Community Café &amp; Information Drop- In. All Welcome</b>	1.00pm – 4.00pm
Tuesday 30 <sup>th</sup> September	<b>Activity Session –</b> Due to popular requests, we will be holding a puzzle morning. There will be a selection of digital, 2D and 3D puzzles to amuse us and bemuse us! <b>Contact Elaine</b>	11.00am– 12.15pm

## 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 4 <sup>th</sup> September	<b>Rare Dementia Carer Support</b> For anyone who is caring for a person who has a rare dementia, an opportunity to meet others online for peer support. <b>Contact Anne-Marie King</b>	11.00am – 12.30pm

## 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

Alzheimer Scotland's  
JustGiving Page



24 HOUR  
Dementia



**Alzheimer  
Scotland**  
Action on Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)