

What's on September-Inverclyde

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; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups or just pop in for a warm drink. Please see below for more details.

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.

In Person Group		
Tues 2 nd Sept	Dementia Café Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	13.00–15.00
Mon 8 th sept	Lyle Gateway Embracing Memories Memory café Lyle Gateway 31 Union Street Greenock For people living with dementia and their carers Dementia advisor will be available if any carers would like advice or wish to discuss confidentiality (12.00 - 14.00)	12.00-15.00
Tues 9 th Sept	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street)	13.00-15.00

	Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	
Wed 10 th Sept	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU Football memories is a welcoming group for people with living with dementia, carers family and friends that features archive images of players, trophies, old match balls, kit and other memorabilia session. It lasts for 90 minutes with a Bovril (or tea/coffee).	13.30-15.00
Tues 16 th Sept	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends	13.00-15.00
Wed 17 th sept	Sporting Memories Gourock Golf club Cowal View Gourock PA19 1 HD Sporting memories is a very welcoming group for people living with dementia, carers family & friends. This features a host of activities including a golf stimulator, putting, quizzes on various sports and visual activities for attendees to participate in and can reminisce about their memories and stories from their sporting days. Light refreshments as provided	13.30-15.00
Tuesday 23 rd Sept	Dementia Cafe Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends	13.00-15.00
Wednesday 24 th Sept	Dementia Café Kilmacolm Library 13 Lochwinnoch Road Kilmacolm PA13 4HB Drop-in for people living with dementia, their carers & families. Join us for refreshments' creativity; stories and the opportunity to make new friends.	11-12:45
Wednesday 24 th Sept	Football Memories Greenock Morton Football Club, Cappielow Park, Sinclair Street, Greenock, PA15 2TU Football memories is a welcoming group for people with living with dementia, carers family and friends that features archive images of players, trophies, old match balls, kit and other memorabilia session.	13.30-15.00

	It lasts for go minutes with a Bovril (or tea/coffee).	
Monday 29 th Sept	Carer Support Group, Carers Gateway 29 West Stewarts Street Greenock PA15 1SH A carers support group provides carers with an opportunity to meet other carers, talk about caring role learning from each other who understand what they are going through Elaine Dementia advisor and Anne-Marie carer support officer will be available for carers looking for support or advice. Tea/coffee provided	13.00-14.30
Mon 29 th Sept	Carer Coffee and Catch up Alzheimer Scotland Resource Centre 1 Nicol Street Greenock PA16 7EN A carers support group provides carers with an opportunity to meet other carers, talk about caring role learning from each other who understand what they are going through Tea/coffee provided	18.00 -19.30
Tues 30 th sept	Lunchtime Drop In Carers Centre 68-70 Cathcart Street Greenock PA15 1DD The lunchtime drop in is friendly and welcoming for anyone who would like to speak to a Dementia advisor No appointment needed.	12.00 -13.30
Tues 30 th Sept	Dementia Café Watt Institution Creativity Space, Greenock (Enter via Union Street) Drop-In for people living with Dementia, their Carers & Families. Join us for refreshments; fun & creativity; stories; and the opportunity to make new friends.	1300 -1500

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/>

Contact details for groups: All Groups

Dementia Advisor

Elaine Edgar

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Stop the Cuts campaign

Vital community services that support tens of thousands of people living with dementia, their families, and carers are being cut across the country. Services such as day care, post-diagnostic support, respite and local community programmes are facing significant cuts to their budgets. This means that they are not available to those who need them most and people are being

turned away when they reach out for help. People with dementia, their families, and carers are unable to access the care and support they need, when they need it.

Alzheimer Scotland thinks this is unfair. People with dementia deserve access to high-quality, local support at every stage of their condition and our campaign highlights the need to protect dementia services from cutbacks.

You can help us stop the cuts and demand change by adding your voice to our campaign and signing our petition.

Find out more: www.alzscot.org/stopthecuts

Share your support with: **#StopTheCuts**

