

Locations

Singing Memories: This is a Group of people with dementia and their carers/families to come along and join in with sessions of singing and playing instruments. *No need to be tuneful, just to be joyful.* Held at Wallneuk North Church, Abercorn Street, Paisley, PA3 4AB.

Monday Drop-In Cafe: This is a lunchtime Group for something to eat and *a catch-up and chat with friends.* Held at The Phoenix Park Brewers Fayre, Pegasus Avenue, Linwood, PA1 2FE.

Forget-Me-Not Café: A Drop-In Café, which each week has an activity or entertainment planned. *Come along and enjoy a cuppa and some home baking.* Held at Renfrew North Parish Church, 14b Renfield Street, Renfrew PA4 8RG

St Mirren FC Football Memories: This Group is run by volunteers with input from staff at St Mirren FC to talk about football old and new. *90 minutes of fun from when the whistle blows* Held at St Mirren Park, Greenhill Road, Paisley PA3 1RU

Support Groups: We run two support groups simultaneously – one is for carers, friends and family and the other is a peer support group for people with a diagnosis. *These groups are informal safe spaces for people to come and listen and share experiences.*

‘What is Dementia? Talk’, This is a session aimed at carers who are supporting someone living with dementia. This will be led by our local Dementia Advisor who will talk about what dementia is, how we can support people with dementia, the importance of how we communicate with people with dementia and will also be available to answer questions.

Held at: Renfrewshire Carers Centre, Unit 55/Embroidery Mill, Abbey Mill Business Centre, PA1 1TJ

All other events: Held at The Memory Lane Club, 32 Riccartbar Avenue, Paisley PA2 6BG

All Groups in purple have limited spaces, **so please contact Wendy or Iain on 0141 887 1289.**



Renfrewshire Services

Diary of Events for
August – September 2017

Making sure nobody faces dementia alone.

AUGUST

Wed 2 nd	Forget-Me-Not Café Support Groups	2.00pm till 4.00pm 6.30pm till 8.00pm
Thurs 3 rd	Tai Chi Class Carers Support @ Northcroft Medical Centre	1.30pm till 2.30pm 1.00pm till 3.00pm
Mon 7 th	Drop-In Café (Phoenix Park)	12.30pm till 2.00pm
Wed 9 th	Art Group Forget-Me-Not Café	1.15pm till 2.15pm 2.00pm till 4.00pm
Tues 15 th	Football Memories Singing Memories	1.00pm till 2.30pm 6.30pm till 8.00pm
Wed 16 th	Tai Chi Class Forget-Me-Not Cafe Social Evening - Movie Night	1.30pm till 2.30pm 2.00pm till 4.00pm 6.30pm till 9.00pm
Tues 22 nd	Singing Memories	6.30pm till 8.00pm
Wed 23 th	Art Group Forget-Me-Not Café	1.15pm till 2.15pm 2.00pm till 4.00pm
Mon 28 th	St Mirren FC Football Memories	2.00pm till 3.30pm
Tues 29 th	Singing Memories	6.30pm till 8.00pm
Wed 30 th	Forget-Me-Not Café	2pm till 4pm

SEPTEMBER

Mon 4 th	Drop-In Café (Phoenix Park)	12.30pm till 2.00pm
Tues 5 th	Singing Memories	6.30pm till 8.00pm
Wed 6 th	Art Group Forget-Me-Not Café Support Groups	1.15pm till 2.15pm 2.00pm till 4.00pm 6.30pm till 8.00pm
Thurs 7 th	Carers Support @ Northcroft Medical Centre	1.00pm till 3.00pm
Tues 12 th	Singing Memories	6.30pm till 8.00pm
Wed 13 th	Forget-Me-Not Cafe	2.00pm till 4.00pm
Thurs 19 th	Football Memories Singing Memories	1.00pm till 2.30pm 6.30pm till 8.00pm
Wed 20 th	Art Group Forget-Me-Not Café Social Evening - Entertainment TBC	1.15pm till 2.15pm 2.00pm till 4.00pm 6.30pm till 9.00pm
Mon 25 th	St Mirren FC Football Memories	2.00pm till 3.30pm
Tues 26 th	Singing Memories 'What is Dementia?' Talk	6.30pm till 8.00pm 10.30am till 12.30pm
Wed 27 th	Forget-Me-Not Café	2pm till 4pm



If you plan on coming to any of the groups highlighted please call us on 0141 887 1289 to book a place.

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 take responsibility for them and share the experiences of the group.

We are unable to provide transport, therefore it is your responsibility to get to and from this community activity, safely.