



Glasgow Disability Alliance
Confident Connected Contributing

GDA
Events & Learning Bulletin
Spring 2019

Free transport, lunch & personal assistance at all GDA events!

**Free! Fun!
Accessible!**

International Women's Day Events

Join us on 8th and/or 14th March for two events that recognise and celebrate International Women's Day.



Learn about Disability History, Feminism and the Women's Movement. Meet others and have fun.

These events welcome all disabled women and women with long term conditions.

Contact us for details!

See inside for details of more courses and how to apply for a free place >>>>>

Wellbeing Day

Choice of
Tuesday 12th March
or Thursday 23rd May
10.30am-3.30pm



Discover ways to improve your wellbeing.

- Try out meditation, Reiki and mindful music.
- Meet others and learn ways to cope better.
- Learn and try out self-care techniques.

**Open
to all
ages!**

Call: **0141 556 7103** • Text: **07958 299 496**
Email: info@gdaonline.co.uk

Computer Skills

Choice of
Tuesday 19th March
or Thursday 9th May
10.30am-3.30pm



Perfect for beginners!

- Learn how to search online, chat to friends and do some online shopping.
- Increase your confidence with computers and iPads/tablets.

**Open
to all
ages!**

Science Discovery Day

Saturday 16th March
10.30am - 3.30pm

Science Centre Curiosity Live event.

- Scientists on hand to celebrate and share their exciting work with you.
- Get involved - try some hands-on demos and explore the world of science.



Open
to all
ages!

Free transport, lunch & personal assistance!

Job Seeking Skills

Friday 22nd March
10.30am - 3.30pm

Where and how to look for jobs.

- How to complete an application form.
- Job interview top tips and how to impress.
- Dealing with interview questions.
- Interactive workshop suitable for any level of employment experience, including first time job seekers.



Open
to all
ages!

Emergency First Aid

Choice of
Friday 29th March
or Tuesday 14th May
10.30am-3.30pm



Learn first aid basics.

- Find out what to do – and what not to do – in an emergency.
- Practice some basic first aid skills.
- Meet new people and have fun.
- This is not certificated.

Open
to all
ages!

Mindful Writing

Thursday 4th April
10.30am - 3.30pm

Learn how to use mindfulness
and meditation to help develop
your writing techniques.



Open
to all
ages!

- Create a piece of writing on your own and/or with others.
- Express yourself and relax through writing.
- Suitable for beginners or experienced writers.

Sports Day

Thursday 11th April
10.30am - 3.30pm

Have fun and learn new ways to keep fit.



Open to all ages!

- Try out different types of accessible sports - including karate, curling and rugby!
- For all ages and abilities.
- Suitable for wheelchair users and those with mobility issues.

Free transport, lunch & personal assistance!

Dance Day

Wednesday 17th April
10.30am - 3.30pm

Have a laugh at this fun dance event.



Open to all ages!

- Learn new dance moves.
- A fun way to keep fit.
- Take part in a silent disco!
- For all ages and abilities, including wheelchair users and those with mobility issues.

Easter Holidays: Express Yourself!

Tuesday 9th April
10.30am - 3.30pm



For
disabled
people aged
15 - 30
only

A day of expressing yourself and
what matters to you.

- Try out different things, like music, drama, and art.
- Meet others and make new friends!



For
disabled
people aged
15 - 30
only

Easter Holidays: Chill out Day!

Friday 12th April
10.30am - 3.30pm



For
disabled
people aged
15 - 30
only

A chilled out day of holiday fun.

- Have a go at different activities - craft creative writing, relaxation and confidence building.
- Meet others and make new friends!

GDA Young Drivers for Change Group

Build your confidence and learn skills for speaking up and speaking out. Regular meetings all year round!

- Get involved in opportunities to share your experiences and tell those in power what matters to you.
- Help us make things better for young disabled people.
- Meet others, have fun and make new friends.
- Get in touch to find out more or let us know if you are interested!

Creative Writing

Tuesday 7th May
10.30am - 3.30pm

Learn ways to bring your thoughts and ideas to life through creative writing.



- Work on your own or together to produce a piece of writing.
- All ages and abilities welcome.
- Have fun and develop your talents.

Open
to all
ages!

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Cycling for all

Thursday 16th May
Choice of
10.30am - 1pm
or 12pm - 2.30pm



Try out a range of accessible cycles!

- One of our most popular days!
- Try out some gentle exercise to motivate you to get healthier in 2019.
- Open to all ages and abilities.

Open
to all
ages!

BAME Disabled People Peer Group



Wednesday 17th April
10.30am – 3.30pm

Free

Fun

Relaxing
activities

Free event for **Black, Asian and Minority Ethnic disabled people!**

- Have your say about things that matter to you.
- Transport, lunch and personal assistance provided. Interpreters can be provided.

To find out more, contact the GDA office or email info@gdaonline.co.uk

Disabled and LGBTQIA+?

Join our safe, supportive, fully accessible community space.

- Connect, learn, speak out, have fun.
- Regular peer support meetings.
- Safe space – only for disabled people who **also** identify as LGBTQIA+



To find out more, contact the GDA office or email charlotte@gdaonline.co.uk

SQA Employability Programme

Coming soon – register your interest now!



This Spring, GDA will be running an Employability Programme recognised by the Scottish Qualifications Authority (SQA).

This is a 40 hours programme delivered over 8 full days and you will be expected to carry out some independent study in your own time.

Transport, lunch, personal care / support assistance is provided.

Open
to all
ages!

The programme can help you to:

- ✓ Develop your skills, experience and attributes necessary for employment.
- ✓ Understand the challenges and demands of the workplace.
- ✓ Identify and access other support and services that can help you find a job and stay in work.
- ✓ Develop your job seeking skills and maximise your previous and current experience.

Activate Programme

Information Day

Thursday 2nd May

10.30am - 3.30pm



Open
to all
ages!

Activate is a certificated 12 week programme delivered in partnership with Glasgow University. The course is an introduction to Community Development and includes topics such as:

Globalisation • Community Activism

Working together for change • Inequality

- Participants are expected to carry out some independent study in their own time and there is a short written assignment to complete.
- Groupwork is a key part of Activate and the programme involves working with a group to conduct a 'community investigation' to research a topic and present findings back to the main group. Lots of support to take part is available.

Come along to our Information Day on 2nd May to find out what is involved and meet some of the tutors. GDA staff will outline what support is available to take part. The programme will run over May, June and July 2019.

If you want to take part in our courses:

- ✓ Contact the GDA office - details below.
- ✓ Tell us what courses you are interested in.
- ✓ Tell us your access or support needs - we can provide transport and personal assistance.
- ✓ Your name will be added to the list of people interested in attending.
- ✓ GDA staff will allocate places - first time learners get priority.
- ✓ If you get a place we will send you a letter and/or phone you to let you know and confirm all the details.
- ✓ If the course is full you may be placed on a waiting list.
- ✓ Courses are free and lunch is provided.

To apply for a place:

Call: **0141 556 7103** Text: **07958 299 496**

Email: **info@gdaonline.co.uk** Web: **www.gda.scot**



GDA Facebook



@GDA__online



Glasgow Disability Alliance
Confident Connected Contributing

contact
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B S L



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